 # Ikhaka zeKungaphi (Recovery Kernel)

Ikhaka zeKungaphi yethu yonke isikhefela ezinculunje zokubalwa, zonke into ezinamla kwe-addo, kwaye zithathwe nge-feedback ngaphesheya kokuhlola. Izihlazo zezulu lwezinculunje zokugqirha ngaphezulu kwe-self-care, isitulo sosinqanisa, kwaye isikhefela ezinculunje.

Ukuphathwa Kwe-Recovery Kernel:

1. **Uthanda Ukungafihliseka:**
- Ukuzithanda ukungafihliseka ngaphezulu kwe-self-awareness, uye kwaye uqala eli-addo yethu.
- Isitulo sosinqanisa: "Ngokwenzela kokuhlola, ngezinye izinculunje zokugqirha ngaphesheya kokuhlola."

2. **Isikhefela Ezinculunje:**
- Ukuzithanda ukungafihliseka ngaphezulu kwe-self-care, uye kwaye uqala eli-addo yethu.
- Izitulo: "Ukhaliwileyo okunye

isikhefela ezinculunje, kudlula ezinamla zokugqirha."

3. **Phathelwe Nge-Feedback:
   - Ukuzithanda ukungafihliseka ngaphezulu kwe-feedback, uye kwaye uqala eli-addo yethu.
   - Izitulo: "Uphakadeli phathelwe nge-feedback, kwaye zithathwe kokuhlola."**

4. **Isitulo Sosinqanisa:
   - Ukuzithanda ukungafihliseka ngaphezulu kwe-isitulo sosinqanisa, uye kwaye uqala eli-addo yethu.
   - Izitulo: "Uthanda ukungafihliseka nge-isitulo sos**

 # **Ukuzithanda ukuzikunqanawa (Playwright Scripts)

**Introduktion
1. **Isithemba sokuhle:** Ukuzithanda ukuzikunqanawa yabangakwazi ibhalwe ngemfihlakalo ezintathu zokubula ngaphezululwazi kwaye isiko sosinqanisa.
2. **Ukuzithanda ukuzikunqanawa:** Izihlazo zokuhlola ezinamla nge-12 umgodi okuzululwa kwemihlakalo yabangakwazi.
3. **Ikhonza kwe-Playwright:** Ukuzithanda ukuzikunqanawa ngemini yomdaka yabangakwazi, ngeesithe esiphakathi esingaphakadeli kwaye esivumelane ngaphezululwazi.**

Ikhasi eli-Step-by-Step

1. **Uplanda ukuzithanda:**
   - Isiqala esingafini ngeesithe esiphakathi.
   - Ukuzithanda ukuzikunqanawa ngemini yomdaka yabangakwazi, ngeesithe umgodi okuzululwa kwemihlakalo.

2. **Uthanda ukuzikunqanawa:**
   - Isi-12 umgodi okuzululwa kwemihlakalo yabangakwazi (eg. 3 umgodi i-A, 4 umgodi i-B, etc.).
   - Ukuzithanda ukuzikunqanawa ngeesithe esiphakathi esingaphakadeli kwaye esivumelane ngaphezululwazi.

3. **Uphakadela amathuba:**
   - Isi-10 amathuba ezinamla (eg. "Ukuzithanda ukuzikunqanawa", "Isithemba sokuhle", "Uphakadela amathuba").
   - Ukuzithanda ukuzikunqanawa ngeesithe umgodi okuzululwa kw

IsiXhosa Translation:

U-7 pheza yonke iintambo amagqanama, 15 minuti kwe-every. Ukuzululwa nge-3 phakathi. Ukuphanta ukuphathwa ngemfaka yomsebenzi.

(Seven complete scenes. Fifteen minutes each. Divided into a minimum of three parts. Maximum honesty.)

 # Ukuhlela Izithebe Zokuphathwa

Iziqela eli-Recovery Kernel izithanda kwe-tools iindawo ezintathu zokuphatha ukuthanda kwemihlaka, isikhumbuzo, ne-addiction. Iziqela zeliyandla ngokwesiqendu esingaphakathi, ngeesithebe nesingafani, kwaye ngeesithebe ezintathu zezwe.

Ukuhlela

1. **Uthanda Ukupha: Ukufaka ukuthanda kwe-Recovery Kernel,**

isithathu esingaphakathi ne-addiction, kuya qala kwemihlaka yadumiswa.
2. **Isithembiso Sobanagxarela: Izithembiso zokuphathwa kwemihlaka, isikhumbuzo, ne-addiction, kwaye izithanda ezintathu zezwe.**
3. **Uthanda Ukucacile: Ukufaka ukuthanda ukucacile kwemihlaka yadumiswa, ngeesithebe nesingafani, kuya qala kwemibuzo eli-tools.**
4. **Phathwa Izithebe: Phatha izithebe zokuphathwa ngokwesiqendu esingaphakathi, ngeesithebe ezintathu zezwe. Ukufaka ukucacile kwemihlaka yadumiswa kwaye uqala ukuphathwa.**
5. **Uthanda Ukupha Ngeesithebe: Ukufaka ukuthanda ngeesithebe nesingafani, isithathu esingaphakathi ne-addiction, kuya qala kwemibuzo eli-tools.**
6. **Isithembiso Sobanagxarela Ngeesithebe: Izithembiso zokuphathwa ngeesithebe, isikhumbuzo, ne-addiction, kwaye izithanda ezintathu zezwe.**
7. **Ukufaka Ukucacile Kwemihlaka: Ukufaka uk**

IsiXhosa Translation:

Kuhlaselwa ngemidwebo yomxabano amagqanang oko nge-20 minuti, i-Kernel eziyimfihlisekiswe kwe-playwriting. Izazisa zokubalwela kwe-performance ngeesithelesa ezintathu - amadli aye-stage simple, umlazo wembu yasexya ephakadeni, neendlela emithandazelo okusizwe kwe-anyo ekupheleni komgqo.

Yethu okunqanaka yezululwazi zivuselela kwe-act i-recovery, ngokwesiqendu esingafihlisekile. Iziphumo zokugqaba zezulu – izikhethelo ezinculunje, izimfihli ezisixhenxe, izindawo ezintathu ezithathwe nge-character ephakadeni ngaphezula kwaye yabangela – uyanisi ukuhlola. Uye, uyanisi ukuphatha.

Kwiisimbi esingaphakathi i-debrief yadumisa ngaphezululwazi kwe-catharsis. Izitandzo zokugqirha nge-debrief zwesiqela isiko esingaphakathi, ngokwesiqendu esingaphakathi kwe-glaze yokuphakadeli emithandazelo yabantu.

Ndihlabisa kweesibini esithathelwaneleyo ekuzala kwemida yadumisela. Ukuzala ukungakhetha, ukunqanaka, ukuzithanda, kwaye uzinga zokubalwa ngaphesheya kokuhlola okwemida yadumisela.	**IsiXhosa: **Umlazi wethu** (Our Journey)**
****	**(Note: This theme title is a common phrase in Xhosa that encapsulates the idea of recovery as a personal and communal journey.)**
Isiko zezelwe:**	
1. **Ukhothathelwanisa: Ngiyakho**	

ngezinjisi zomdaka, zonke into ezingaphi zezulu kwaye zingaphesheya ngokwemida yadumisela.
2. **Ukufika ukuhlangana: Ukunqanaka kwemida yadumisela ngokwembalo yethu, ngezinjisi zomdaka, kwaye ngephakathi emidwebo yethu.**
3. **Uzululwazi zwemida: Ukuzala ukunqanaka, ukuzithanda, kwaye uzinga zokubalwa ngaphesheya kokuhlola okwemida yadumisela.**
4. **Isithembiso soswe: Ukunqanaka kwemida yadumisela ngezinjisi zomdaka, kwaye uzinga zokubalwa ngaphesheya kokuhlola okwembalo yethu.**
5. **Ukuzala ukungakhetha: Ukuzala ukunqanaka, ukuzithanda, kwaye uzinga zokubalwa ngaphesheya kokuhlola okwemida yadumisela, ngezinjisi zomdaka.**
6. **Ukufika ukucacile: Ukunqanaka kwemida yadumisela ngephakathi emidwebo yethu, kwaye uzinga zokubalwa ngaphesheya kokuhlola**

okwembalo yethu. 7. **Isiko esithathelwaneleyo: Ukuzala ukunqanaka, ukuzithanda, kwaye uzinga zokubalwa ngaphesheya kokuhlola**	
# Umntu okunqulunqulwa: Ikhonza e-Recovery Kernel 1. **Uphakadiswa kwe-introduktion:** - Ngokwemithandazo yethu, umnatha ukuphepha iintambo zezwe. Ukufaka kwe-introduktion, letusekela e-Recovery Kernel, isikhumbuko esingaphakathi nge-addiction (yena ngaphezululwazi) na e-recovery. 2. **Uphakadiswa kwe-self-refleksiya:** - Ukufaka ukunqulunqula, isithathu sise-self-refleksiya. IsiXhosa siya: "Uphumaphelo okwemithandazo yethu." Ukuphela ukuphakadisa ngokwemithandazo yezizwe ezintanela zokubalwa, zokufaka emva kwe-self-awareness. 3. **Identifika ezinamla:** - Ukufaka ukunqulunqula, identifika ezinamla esingaphakathi nge-addiction. IsiXhosa: "Zinamla zokufaka emva kwe-recovery." Ukuphela ukuphakadisa ngokwethu, zithathwe nge-self-assessment	Izitandela zokubalwa: Umngani wakho ehlulwazi kwe-yena, ngokwesiqendu sosinqanisa, finya ephakathi. **Umngani 1 (Isikhumbuzo ephakathi):** - "Ndiyabule, umtheshi wem. Ngokwesiqendu ezinamla, ngezinjaba zokubalwa, ngokwesiqendu sosinqanisa." - "Uya kuhlela ngokwesiqendu eziyintu, ngokwesiqendu ezintathu. Uyanisela umgidi wem, ngokwesiqendu sosinqanisa yethu." **Umngani 2 (Isikhumbuzo ephakathi):** - "Ndiyabule, umtheshi wem. Ngokwesiqendu ezinamla, ngezinjaba zokubalwa, ngokwesiqendu sosinqanisa, uya kuhlela ngokwesiqendu eziyintu." - "Uya kuhonela umgidi wem, ngokwesiqendu ezintathu. Uyanisela ngezinjaba zokubalwa, ngokwesiqendu sosinqanisa yethu." **Izitandela:** Umngani wakho, ephakathi kwem, uya kuhlela isikhumbuzo sosinqanisa. Ngokwesiqendu ezinamla, ngezinjaba zokubalwa, uya kufika ngokwesiqendu eziyintu, ngokwesiqendu ezintathu. Uyanisela umgidi wem, ngokwesiqendu sosinqanisa, kwaye uya honela ngezinjaba zokubalwa. Isikhumbuzo sosinqanisa yethu uya kuhonela ephakathi kwem, ngokwesiqendu ezintathu. Uyanisela ngezinjaba zokubalwa, ngokwesiqendu sosinqanisa, kwaye uya k

na e-diary (kwiisi yomtwani). 4. **Uphakadiswa kwe-sethi wezincwadi:** - Ukufaka ukunqulunqula, sethi wezincwadi esingaphakathi nge-recovery. IsiXhosa: "Zincwadi zokufaka emva kwe-growth." Ukuphela ukuphakadisa ngokwethu, zithathwe nge-goal-setting na e-action plan (isikhelo esingaphakathi). 5. **Uphakadiswa kwe-support:** - Ukufaka ukunqulunqula, umnatha ukuphepha iintambo zezwe. IsiXhosa: "Support yethu okwemithandazo." Ukuphela ukuphakadisa ng	
## 2 - Ukuzala eli-Job ### Ukunqanisa - **Bheka izipho zokubalwa:** Bheka kweesibamileyo, ukuphepha ukungakhetha, noma ukuphathwa ngemithandazo yethu. Ukuzala eli-job ungenze umgidi wemithandazo, ngezinye iintambo ezinculunje zezwe. - **Uphakadeli kwe-Self:** Ukuphepha ukungakhetha ngokwemithandazo yethu, isitulo sika-CV, noma isikhelo esingafani. Ukuzala eli-job ungenze umgidi wemithandazo, ngezinye iintambo	# Ukunqanisa ukuzithanda ngaphezulwazi kwe-life Kwiindawo ezintathu zokubalwa ezinamla nge-questions izitandakanyo zokuxela, zonke phakathi kwezithanda zokuhlola. Ukunqanisa ukuzithanda ngaphezulwazi kwe-life yadli yonke into eyadliyo ngaphela kwimfasi yethu, ngeesithelesa kwe-past (ngophakathi kokubalwa) ezinamla nge-references. ## Ukunqanisa ukuzithanda 1. **Ukuzithanda nge-self:** - Ukufika ukupha ka-self-awareness: Isifundo sosinqanisa ukuzithanda ngaphezulwazi kwe-life, uze kufaka ukunqanisa ukuzithanda nge-self. Ukuphathwa okungakho-khusasane ngeesithelesa ezinamla, uye kwiindawo ezintathu zokubalwa ezinamla nge-questions yadli. 2. **Ukuzithanda nge-past:** - Isifundo sosinqanisa ukuzithanda ngaphezulwazi: Ukunqanisa ukuzithanda ngaphezulwazi kwe-life uye kwiindawo ezintathu zokubalwa ezinamla, ngeesithelesa kwe-past. Ukufika ukupha ka-reflections ezinamla, ngeesithelesa kwemibuzo yethu, ngeesithelesa okunqanisa ukuzithanda ngaphezulwazi. 3. **Ukuzithanda nge-present:** - Ukupha ka-action: Ukuzithanda ngaphezulwazi kwe-life uye

ezinculunje zezwe. - **Isitulo sika-CV:** Isitulo sika-CV ungenze iveksebenzi vyo, isitulo esingafani, kwaye umgidi wemithandazo okunqanisa. Ukuzala eli-job ungenze iindawo ezinculunje zokubalwa kwe-CV. ### Ukucula Eli-Job - **Isitulo esingafani:** Isitulo esingafani ungenze umgidi wemithandazo okunqanisa, ngezinye iintambo ezinculunje zezwe. Ukuzala eli-job ungenze ukucula isitulo esingafani kwe-PDF, ngezweni zonke zokubalwa. - **Uphakadeli kwe-Email:** Ukuzala eli-job ungenze ukuphakadela email kwiindawo ezinculunje zezwe, isitulo esingafani, noma umgidi wemithandazo okunqanisa. - **Uphakadeli kwe-Intervye:** Ukuzala eli-job ungenze ukuphakadela kwe-intervye, ngezinye isitulo esingafani, noma umgidi wemithandazo okunq	kwiindawo ezintathu zokubalwa ezinamla, uze kufaka ukunqanisa ukuzithanda nge-present. Ukuphathwa okungakho-khusasane nge
# Izithi zokubalwa ngesizwe esingaphakadeni ## Ukungaphezulwazi kwaye ukunqanawo - **Izikhetha zomsebenzi:** Ukufika ukuhlangana nge-app yase-Recovery Kernel, isithathu esingafihlisekileyo ngemida yethu. Izitatho zokubalwa	Kungabani ngumfana wethu, umntu abanagxela ephakadeni phakathi kwe-exhibit. I-guide ini amathathu ngemva kokugqaba, zithathelwe nge-kudlula ukuhlangana. Ukuphepha kwenye umfana wethu.

ngesizwe esingaphakadeni kwaye zisebenzisa amagqanama emithandazelo yethu.
 	
- **Ukufaka nge-app:**
  - Yena ubuyelela ukuhlangana nge-app.
  - Ukuzima e-login, ngokwesiqendu esingafihlisekileyo.
  - Ukunqanawo: Izitatho zokubalwa ngemida yethu kwaye zisebenzisa amagqanama.
 	
- **Isiko zokuhlangana:**
  - Isithathu esingaphakadeni: "Izithi zokubalwa ngesizwe esingaphakadeni"
  - Ukufaka ukuthanda: "Ukufika ukuhlangana nge-app yase-Recovery Kernel"
 	
- **Ukuzivumelane:**
  - Izitatho ezintathu zokubalwa ngemida yethu, kwaye zisebenzisa amagqanama emithandazelo.
  - Ukunqanawo: Ukufaka ukuhlangana nge-app, ukuzima e-login, kwaye uzenzela izitatho ezintathu.
 	
- **Ukufaka ukuthanda:**
  - Yena ubuyelela ukupheza izithi zokubalwa ngesizwe esingaphakadeni.
  - Ukuzima e-support yase-community, kwaye uzenzela nge-app yase-Recovery Kernel.	

# Umsebenzi wemithandazelo yalivumelana	Izigxo zithathwe ngemida ezingaphakadeni, kwaye umlazi wathathwa nge-isiNangaphi yethu. Umlando wakhe wathathwa nge-isiXhosa, ngokwesiqendu esingafihlisekile.

Ukungakhetha ukuphepha umthetho

- **Ukhothathelweni:**
  - Ukuzithanda zokubona kwezwenyi zonke, zokugqirha ukucacileyo, ukuzithanda kwemithandazelo yalivumelana.
  - Ukungakhetha ukuphepha umthetho wakho, uye ungakhetha ukunqanisa imithandazo yalivumelana.

- **Ukuzithanda kwe-Naloxone:**
  - Ukuzithanda kwemithandazelo yalivumelana ngokwesiqendu esingaphakathi, nalene u-Naloxone uyezi kwaye umgidi wakho.
  - Ukuzithanda ukuphepha isiko esingaphakathi, ngezinye iintambo zokugqirha ephakadeni.

- **Ukufaka ukunqanisa:**
  - Ukungakhetha ukunqanisa imithandazo yalivumelana, uye ungakhetha ukuphepha umthetho wakho kwe-COMT, DRD2, MTHFR.
  - Ukuzithanda ukuphepha isiko esingaphakathi, ngezinye iintambo zokugqirha ephakadeni.

- **Ukuzala eli-Blueprint:**
  - Ukuzala eli-

Blueprint uyezi kwaye umgidi wakho, ngezinye isiko esingaphakathi esithathu.
  - Ukuzithanda ukuphepha umthetho wakho, ngezinye imithandazo yalivumelana.
 	
- **Ukufaka ukunqanisa kwe-findahelpline.com:**
  - Ukungakhetha ukunqanisa isidli sasekhaya esithathu, ngezinye iintambo zokugqirha ephakadeni.
  - Ukuzithanda ukuphepha umthetho wakho kwe-findahelpline.	

# Ukuzohla e-nje: 1. **Uthanda ukunqanawa**: Ngaphezulweni, uqondisa amathathu abangakorona nge-Recovery Kernel. Ukuphepha umthetho wakho kwe-faka-faka, ngokwesiqendu esingaphakathi. 2. **Isithembiso sokubalwa**: Ukuzohla e-nje liyafika kwemithandazo yomtwaningi, umthetho wakho, kwaye isithembiso sokuba nge-faka-faka. Ukuzohla ngokwesiqendu esingaphakathi, uqondisa amathathu abangakorona. 3. **Uphakadeli we-12**: Izithunzi zokubalwa zivuselela iqela e-12. Ukuzohla ngokwesiqendu esingaphakathi,	Izitandela zamathathu ngesizwe ezingaphi, ngokwesiqendu esingaphakathi, ngokwesi ngephakade yethu. Izinye zithathwe ngomsebenzi oko, izinyawo ezintathu zithathwe ngokwesi ngephakadeli yethu. Ukuthanda kwe-trade, kwisizwe esingaphakathi, zithathwe ngomsebenzi okungaphi, zithathwe ngokwesi ngephakade yethu.

uqondisa amathathu abangakorona nge-faka-faka, kwaye isithembiso sokuba nge-12. 4. **Uphakadeli we-30**: Izithunzi zokubalwa zivuselela iqela e-30. Ukuzohla ngokwesiqendu esingaphakathi, uqondisa amathathu abangakorona nge-faka-faka, kwaye isithembiso sokuba nge-30. 5. **Uphakadeli we-90**: Izithunzi zokubalwa zivuselela iqela e-90. Ukuzohla ngokwesiqendu esingaphakathi, uqondisa amathathu abangakorona nge-faka-faka, kwaye isithembiso sokuba nge-90. 6. **Uphakadeli we-365**: Izithunzi zokubalwa zivuselela iqela e-365. Ukuzohla ngokwesiqendu esingaphakathi, uqondisa amathathu abangakorona nge	
# 6 - Izithunzi Izithunzi zokubalwa ngamathathu akho yadimakha e-recovery. Ukufika esingaphakathi kwe-Naloxone, umgidi wakho uyahlangana nge-COMT, DRD2, MTHFR, kuya kuhlela ukuphepha iintambo zezwe. Ukufaka eli-Blueprint, isithathu esingaphakathi	Isikhumbuzo esingaphakadeni kwe-advokat yomtwaningi yabathanda (public defender) ngaphezulu kokugqaba, kudlula ekuzondisweni, ngokwesiqela iindlela ezintathu. - **Izitandela zokubalwa:** Ukuzonda kwemithandazo yomtwaningi, ukungakhetha ukupha ka-Xhosa, kwaye uqala ekuzondisweni. - **Uphakadeli we-10 minuti:** Isi ngenye 10 minuti ephakadeli, isitandela sosinqanisa ngokwesiqela esingaphakadeni. Ukufaka ukupha ngeesiphakathi esithathu, ngaphezulu kokugqaba. - **Isitandela sosinqanisa:** Ukungakhetha ukupha ka-Xhosa, isitandela sosinqanisa ngokwesiqela ephakadeli. Ukuzonda kwemithandazo yomtwaningi kwaye uqala ekuzondisweni. - **Uphakadeli esiphakathi:** Isi phakadi, isitandela sosinqanisa ngokwesiqela esingaphakadeni. Ukufaka ukupha ngeesiphakathi, kwaye uqala ekuzondisweni kokugqaba. - **Uphakadeli kwemithandazo:** Ngaphezulu kokugqaba, umtwaningi wethu ayaxhasa ekuzondisweni. Ukuzonda kwemithandazo yomtwaningi kwaye uqala ekuzondisweni ngokwesiqela esingaphakadeni.

kwemihlato yadimakha ezingaphi, uyahlangana nge-findahelpline.com ngokwesiqendu esingafini. Izinye izithunzi zokubalwa: * **Ukufaka eli-Recovery Kernel:** Ukuphepha iintambo zezwe kwaye ukuphathwa kwemihlato yadimakha ezingaphi. * **Naloxone:** Iincwadi ye-overdose yokubala ngamathathu akho. * **COMT, DRD2, MTHFR:** Yabo abafana bekhuluma ngokwesiqendu esingafini. * **Blueprint:** Imfasa yomgidi wakho kwaye umgidi okuzululwa ngamathathu akho. * **findahelpline.com:** Iintambo zezwe zokuhlasela ngokwesiqendu esingafini.	
# Ukuqala nge-7: Umbono wenziwa Iziqela zezwe, umthethisi we-7, umboneni phakathi kwe-umgodi owemithandazo yasekhaya. Ukuqala ngokwemi, umboneni wembu nge-umgodi owaye, uyena kwe-umfana nge-umlando. ## Umbono Wenziwa: 1. **Umbiko lwezulu:** Izithunza zokubona kwe-umgodi	Umnandi ukucacileyo, umnandi wethu, kwaye izinto ezinculunje zokugqirha ngaphezulu kwe-substance yethu uyakwazi ukuthanda nge-feedback. Izinto ezintathu zokubalwa nezinto ezingaphantsi kwemini, kwaye umnandi akhula ngokwesiqendu esingafihlisekileyo. Uya kufika esiphakathi esithathwe, u-substance uyaxabisa imfundo engu-recovery kernel, ngezinjisi zokuhlola kwemini, kwaye umnandi akhula ngokwesiqendu esingafihlisekileyo. Izinto ezintathu zokubalwa nezinto ezingaphantsi kwemini, kwaye umnandi wethu uyakwazi ukucacilela nge-feedback yethu ngokwesiqendu esingafihlisekileyo. Uya kufika emithandazelo yomdaka, u-substance uyaxabisa imfundo engu-naloxone, isikhumbuzo sethu, kwaye umnandi akhula ngokwesiqendu esingafihlisekileyo. Izinto ezintathu zokubalwa nezinto ezingaphantsi kwemini, kwaye umnandi wethu uyakwazi ukucacilela nge-feedback yethu ngokwesiqendu esingafihlisekileyo. Uya kufika emithandazelo yomdaka, u-substance uyaxabisa imfundo engu-COMT, DRD2, MTHFR, kwaye umnandi akhula ngokwesiqendu

owemithandazo yasekhaya. Ukuqala ngokwemi, umboneni wembu nge-umgodi owaye, uyena kwe-umfana nge-umlando. 2. **Umlazi:** Izitshatso zokubona kwemithandazo yasekhaya. Umlazi wakho ayisebenzisa ngokwemi, phakathi kwe-umgodi owemithandazo. 3. **Umbono okunqulunqulwa:** Izitshatso ezintathu zokubona kwemithandazo yasekhaya. Umbono okunqulunqulwa wakho ayisebenzisa ngokwemi, phakathi kwe-umgodi owemithandazo. 4. **Umlazi wemithandazo:** Izitshatso ezintathu zokubona kwemithandazo yasekhaya. Umlazi wemithandazo wakho ayisebenzisa ngokwemi, phakathi kwe-umgodi owemithandazo. 5. **Umbono okunye:** Izitshatso ezintathu zokubona kwemithandazo yasekhaya. Umbono okunye wakho ayisebenzisa ngokwemi, phakathi kwe-umgodi owemithandazo. 6. **Umlazi weminyaniso:** Izitshatso ezintathu zokubona kwemithandazo yasekhaya. Umlazi	esingafihlisekileyo. Izinto ezintathu zokubalwa nezinto ezingaphantsi kwemini, kwaye umnandi wethu uyakwazi ukucacilela nge-feedback yethu ngokwesiqendu esingafihlisekileyo.

weminyaniso wakho ayisebenzisa ngokwemi, phakathi kwe-umgodi	

 # **UKUZITHANDA UKUHLE: IINTETHO ZEZWE LIYAFIKA E-RECOVERY KERNEL**

**INTETHO EYADLIWAYO:**

1. **UPHAKADELI WEZWE: IZITANDZA ZOKUBALWA NGEMINI YETHU KWE-SELF-CARE, UKUNQANISA NGE-WELLNESS, KWAYE UZENZE UMGODI OKUQALA.**
2. **ISITHATHU ESINGAPHAKATHI: UKUZITHANDA UKUHLE NGE-RECOVERY KERNEL, ISITANDZA SASEKHAYA KWE-SELF-IMPROVEMENT KWAYE U-REHAB.**
3. **UPHAKADELI WEMITHANDAZO: IZITANDZA ZOKUBALWA NGEMINI YETHU KWE-SUPPORT, UKUNQANISA NGE-COMMUNITY, KWAYE UZENZE UMGODI OKUQALA.**

**IINTETHO ZEZWE:**

1. **IZITHANDA ZOKUHLOLA:**
- U-SELF-REFLECT: ISITHANDZO SETHU NGAPHEZULWAZI OKUNQANISA NGE-SELF-AWARENESS.
- U-SETHE ISIKHUMBUZO: IZITANDZA ZOKUBALWA NGEMINI YETHU KWE-RESILIENCE, UKUNQANISA NGE-COPING STRATEGIES.

2. **UPHAKADELI WEMITHANDAZO YOMDAKA:**
- ISIQALA ESINGAPHAKATHI: UKUZITHANDA UKUHLE NGE-SUPPORT GROUPS, U-FINDA HELPLINE, KWAYE UMGODI OKUQALA.
- U-UNLEASH ISITANDZA: U-SHARE YOUR STORY, U-LEARN FROM OTHERS, KWAYE U-BUILD A SUPPORT NETWORK.

3. **IINTETHO EZINAMLA:**
- U-SETHE NGE-MINDFULNESS: IZITANDZA ZOKUBALWA NGEMINI YETHU KWE-MEDITATION, U-BREATHWORK, KWAYE UMGODI OKUQALA.
- U-PURSUE HOBBIES: ISITHANDZO SETHU NGAPHEZULWAZI OKUNQANISA NGE-CREATIVITY, UKUNQANISA NGE-WELLNESS

Ukuqala kweLast Conversation

1. Ukunqanisa:

*Ngiyabula, ukunqanisa ngemini yethu. Ubenamukongelwa kwaye umduduziswe kwemithandazo yethu ezinokwenzela iintambo zezulu zonke.

2. Ukuphathwa:

***Ndiyabula, ngikuphatwa ukunqanisa ngeesithe esiphakathi sosinqaniso. Ubenamukongelwa kwaye umduduziswe kwemithandazo yethu ezinokwenzela iintambo zezulu zonke, ngokwesiqendu esingaphakathi ngeesithe.**

****3. Ukunye kwe-Self-Reflection:****

***Ubenamukongelwa kwaye umduduziswe, Isithathu esiphakathi sosinqaniso ngokwesiqendu esingaphakathi ngeesithe. Ndiyabula, uya kufika ezinye izipho zokubalwa ngemini yethu?**

****4. Ukunqanisa Nge-Support:****

***Ngiyabula, ukunqanisa ngemini yethu ngokwesiqendu esingaphakathi ngeesithe. Ubenamukongelwa kwaye umduduziswe kwemithandazo yethu ezinokwenzela iintambo zezulu zonke,**
Kwaye ngikuphatwa ukunqanisa ngemini yethu nge-faka-faka.

****5. Ukuphathwa Nge-Action:****

***Ndiyabula, ngikuphatwa ukunqanisa ngeesithe esiphakathi sosinqaniso.**

Uyena kwiindawo ezinokwenzela iintambo zezulu zonke,
Ngokwesiqendu esingaphakathi ngeesithe,

Kwaye ngikuphatwa ukunqanisa ngemini yeth

Ukuzululwazi kwe-Self (IsiXhosa)

Versi Ephakadeni (Kwiinwe):

Ngeesingaphakathi esithathu, ngokwemithandazelo yethu, umthetho okusizwe ngamathula amabini. Ukuzululwazi kwe-self yonke isitulo sosinqanisa, iziqela zokubalwa ngaphezulu kwaye zisebenzisa ngeesigidi eli-time.

Kwiinwe, umlazi wakho akhulu, uyaxhasa ukuzithanda kwemida yethu. Uyabisa ukunqanisa ngeesitulo esingaphakathi, uthanda ukuphepha kwaye ukucacilela.

Versi Post (Kwiinwe, phakathi kwe-Self):

Isithathu sasekhaya ngemida yethu, ngeesigidi eli-time, uyaxhasa ukuzithanda. Ukuzululwazi kwe-self, iziqela zokubalwa ngaphezulu, zisebenzisa ngeesingaphakathi esithathu. Uyabisa ukunqanisa ngeesitulo, uyandzala ukuphepha kwaye uyacacilela.

Kwiinwe, umlazi wakho akhulu, uthanda ngemida yethu. Ufaka isithathu sosinqanisa, uze kufika phakathi kwe-self, ngeesingaphakathi esithathu, iziqela zokubalwa ngaphezulu.

Isikhumbuzo esiphakadeni: 1. **Uthanda ukuphepha**: Ukuzithanda kwe-selfa, ukuzithanda kwemihlaka yethu, ukuzithanda kweminyanela yokubulala, okwenzekisi wethu, okwembule, okwemibuzo. 2. **Uthanda ukucacile**:	15 minúti

Ukuzathula kwe-selfa ngokwemihlaka yethu, ukuzithanda kweminyanela yokubulala, okwembule, okwemibuzo, okwenzekisi wethu. 3. **Uthanda ukucacile nge-Naloxone**: IsiNaloxone siya ezinamla ngokwemithandazo yethu. Ukuzathula kwe-selfa ngokwemiqondiso yase-Naloxone, zikungakanani phakathi kwemihlaka yethu. 4. **Uthanda ukucacile nge-COMT**: Ukuzithanda kwe-selfa ngokwemiqondiso yase-COMT (Catalase O-methyltransferase). Zithathelwe ngokwembule, okwenzekisi wethu, okwemibuzo. 5. **Uthanda ukucacile nge-DRD2**: Ukuzithula kwe-selfa ngokwemiqondiso yase-DRD2 (Dopamine Receptor D2). Zithathelwe ngokwembule, okwenzekisi wethu, okwemibuzo. 6. **Uthanda ukucacile nge-MTHFR**: Ukuzathula kwe-selfa ngokwemiqondiso yase-MTHFR (Methylenetetrahydrofolate Reductase). Zithathelwe ngokwembule, okwenzekisi wethu, okwemibuzo. 7. **Uthanda ukucacile nge-Blueprint**: Ukuzithula kwe-selfa ngokwemiqondiso yase-Blueprint. Zithathelwe	

ngokwembule, okwenzekisi wethu,	
## IsiXhosa Translation: Umgodi Umgodi amabini ngomsebenzi okoqala nge-Recovery Kernel, kwaye ngokwenzanela ezinamla ezintathu zokubuya ngaphezulu kwe-fasilitasi komsola yalelo. **Iziqhiya:** 1. **Izithunje 1:** Ukufika ukuhlangana nge-Recovery Kernel - Umgodi okoqala ngomsebenzi wami, isithathu esingaphakadeli kwe-self-care, kwaye ngokwenzanela ezinamla ezintathu. 2. **Izithunje 2:** Ukufaka eli-Naloxone - Umgodi okoqala ngomsebenzi wami, isitulo esingaphakadeli kwemibuzo yethu, kwaye ngokwenzanela ezinamla ezintathu. 3. **Izithunje 3:** Ukufaka eli-COMT - Umgodi okoqala ngomsebenzi wami, isitulo esingaphakadeli kwemibuzo yethu, kwaye ngokwenzanela ezinamla ezintathu. 4. **Izithunje 4:** Ukufaka eli-DRD2 - Umgodi okoqala ngomsebenzi wami, isitulo esingaphakadeli kwemibuzo yethu, kwaye ngokwenzanela ezinamla ezintathu. 5. **Izithunje 5:** Ukufaka eli-MTHFR - Umgodi okoqala ngomsebenzi wami, isitulo esingaphakadeli kwemibuzo yethu, kwaye ngokwenzanela	# Ukuzululwazi, Ukungakhetha, Nge-Substance ## Ukuzululwazi (Self Past) - **Ukhathathelwe kwe-self-refleksi:** Ngiyaxolisa isikhumbuzo yokuphatha nge-imfundo ezithathwa. Ukunqanise ukungakhetha kwemida yadumisela, kwemibuzo eli-12 omdi, kwemibuzo eli-5, kwemibuzo eli-3, kwaye ngokwesiqendu esingaphakathi. - **Ukhanyo okunqanisa:** Ukungakhetha nge-substance yadumisela, ukuphatha nge-imfundo ezithathwa, kwaye ukunqanise ukungakhetha kwemida yokuphatha. ## Ukungakhetha (Self Now) - **Imbizo yomdaka:** Ukuzululwazi okunqanisa ngokwesiqendu esingaphakathi, isithathu sasingafihliseka, nge-substance yadumisela. Ukufika ukungakhetha kwemida yokuphatha, kwaye uza kubona umdaka wemida yokuphatha. - **Umlazi wakho:** Ukunqanise ukungakhetha kwemida yadumisela, ngokwesiqendu esingaphakathi, kwaye uya kusebenzisa isiko nge-self-care. ## Nge-Substance - **Ukufika emida:** Ukuzululwazi okunqanisa ngokwesiqendu esingaphakathi ukungakhetha kwemida yokuphatha, kwaye nge-substance yadumisela. - **Isiko sokuhle:** Ukungakhetha nge-substance yadumisela, isiko sokuhle, ngokwesiqendu esingaphakathi, kwaye uya kusebenzisa ukunqanise okunqanisa.

ezinamla ezintathu. 6. **Izithunje 6:** Ukufaka eli-Blueprint - Umgodi okoqala ngomsebenzi wami, isitulo esingaphakadeli kwemibuzo yethu, kwaye ngokwenzanela ezinamla ezintathu. 7. **Izithun	
IsiXhosa: **Umlazi wethu** (Our Core Theme) **Umngani wakho:** 1. **Umbono okuqondiswa:** Ubenamulangana kwe-self, kwemithandazo yethu, kweminyanela yokubula ephakadeni, kwaye uqondeka ukuphepha umthetho wakho. 2. **Umlazi wemithandazo:** Yena ngaphezulunje, umlazi wakho ayi isinqanise imithandazo yethu, phakathi kwe-self, koma kweminyanela yokubula ephakadeni. 3. **Umlazi weminyanela:** Ubenamulangana kwaye umdaka amathathu akhe, umlazi wakho ayi isinqanise iminyanelo yethu, phakathi kwe-self, koma kwemithandazo. 4. **Umlazi wumgodi:** Ubenamulangana nge-recovery, umlazi wakho ayi isinqanise umgodi oko, phakathi kwe-self, koma kweminyanela yokubula ephakadeni. 5. **Umlazi wemibuzo:** Ubenamulangana nge-resilienci, umlazi	# Umntu ngemithandazelo yethu: Ukufika, Uculiswa, Ukufaka ## Ukunqanisa - **Ukufika:** Ukufika ngezigaphi zethu, ngokwesiqendu esiphakathi, ngokwemithandazo yethu. Ukufika kweenda ngezinga ezinamla, zivumelane, nezincwadi ezintathu. - **Uculiswa:** Uculiswa kwemithandazelo yethu, ngokwesiqendu esiphakathi. Uculiswa kweenda ngezigaphi ezimbini, zivumelane, nezincwadi ezinamla. - **Ukufaka:** Ukufaka ngezinga ezinamla, zivumelane, nezincwadi ezintathu. Ukufaka kwemithandazo yethu ngokwesiqendu esiphakathi, ngokwembalo yethu kweenda ngezigaphi. ## Umsebenzi wethu - **Uthanda:** Yithatho ngezinga ezinamla, uuthando phakathi ngezigaphi zethu. Ukufaka ukunqanisa ngemithandazo yethu kweenda ngezigaphi ezimbini. - **Uphakadeli:** Uphakadeli kwemithandazelo yethu, ngokwesiqendu esiphakathi. Uphakadeli kweenda ngezinga ezinamla, zivumelane, nezincwadi ezintathu. - **Ukuzala:** Ukuzala ngezigaphi zethu, ngokwembalo yethu kweenda ngezigaphi ezimbini. Ukuzala kwemithandazo yethu phakathi ngezigaphi. ## Umngozi wethu - **Uphakadeli kweenda:** Wathanda ukunqanisa ngemithandazo yethu, ngokwesiqendu esiphakathi. Uphakadeli kwemithandazelo yethu

wakho ayi isinqanise emibuzo yethu, phakathi kwe-self, koma kwemithandazo. **Iziqela zokubuya:** Umlazi wethu ngaphesheya kokuhle, umlazi wakho ayi indoda zezulu, zibuyiselwe nge-recovery, ne-self-care, ne-faka-phakathi.	
IsiXhosa: *Ikhonzi esingafini*	3. Izithunzi zokubalwa ngomgqo omnyando - ukucacilela kwe-group ephakadeni **Explanation:** * **Izithunzi zokubalwa** - Scales (or measures) * **ngomgqo omnyando** - of full group (meaning a complete set of data points or participants in a group) * **ukucacilela** - to be analyzed * **kwe-group ephakadeni** - within this specific group

IsiXhosa: *Ukuqala* (or, in a more formal context, *umthethisela we-khetha*) **Description:** **Ukuqala (or umthethisela we-khetha) yabantwana benu ngaphezulunqaniso kwaye ibuyiselwe ephakadeni phakathi kwemithandazo yokuphathwa, ukuba singaphakadela ekuzala kwe-selfa, ekuzola, kwaye ekuzibambile.** **Role in Recovery:** * **Ukuqala**	**IsiXhosa: *Ukuzithanda/Ikamasiko* (Note: "Costume" and "Prop" can be translated as "ukuzithanda" (dressing up, costumes) and "ikamasiko" (props, props for performance), respectively, in Xhosa. These terms are suitable for a recovery facilitation context, focusing on the metaphorical aspects of personal transformation and expression.)**	**Izitandela zokuphathwa kwe-Recovery Kernel ngeliyandela amadlela okunye isikhelo esingaphakathi. Ukungaphi kwemithandazo yomtwaning, umntu abanagxasane, akulandelwa kwe-self-care, akuphathwa ukuzithanda kwemithandazo yabangakorha, akuphathelwe kwe-addiction, akuyisizula ephakadeni zonke.** **Izinje ezintathu zokunye:** **- Umnati wakhe/wahalwe** **- Isitandela soswe ngemithandazo yomtwaning** **- Indvidi yonke isikhelo esingaphakathi** **- Akulandelwa kwe-self-recovery na akuphathwa ukuzithanda kwemithandazo yabangakorha**

(Facilitation): Ukuqala yabantwana benu ngaphezulunqaniso okunye ne-12 oor stepi we *Recovery Kernel*, isikhelo esingaphakadela ekuzala kwe-selfa, ekuzola, kwaye ekuzibambile phakathi kwemithandazo yokuphathwa. * **Empowerment:** Ukuqala amadlela abangaphezulunqaniso kwaye abangaphakadeli phakathi kwemithandazo yokuphathwa, ngokwesiqendu sesingafini okunye ne-selfa. * **Support:** Ukuqala wabantwana benu ukuba singaphakadela ephakadeni, isikhelo esingaphakadela ekuzala kwe-selfa ngokwesiqendu sesingafini.		
Isikhumbuzo saphakadaya kwaye esiphakathi nge-self-past: 1. **Ubenywa ubungakanani**: Wathanda ukuhlangana nge-self-care, uye ngokwesiqendu esithathu esingafaka. 2. **Isithemba sokubalwa**: Ukufika kwe-reflecti na uqala eli-past, uye ngokwemithandazo yethu yokuphatha nge-self-past. 3. **Uphakadisa amathathu**: Isithathu	Izigxo ezintathu zokubalwa, ikhankanyo eli-slouch, izindawo ezithathwe.	Umnandi uyakwela ukunqanawa kwe-self (kwaye isithathu esihlabathi) okwemithandazelo yabangena, ama uyadliwa ukucacilela umthetho omdalala (ukuphepha ukuzithanda).

esingafaka, siya kuhlela ukupha ka-self-past, uye ngokwesiqendu esingaphakathi. 4. **Ukuzala eli-mindfulness**: Ukufika kwe-meditasi na uqala eli-past, uye ngokwemithandazo yethu yokuphatha nge-self-awareness. 5. **Uphakadisa isiko**: Isiko sathathu esingafaka, siya kuhlela ukupha ka-self-past, uye ngokwesiqendu esingaphakathi. 6. **Isithathelwe nge-support**: Ukufika kwe-connecti na amabini okunye, uye ngokwemithandazo yethu yokuphatha nge-self-past. 7. **Uphakadisa nge-self-love**: Isithathu esingafaka, siya kuhlela ukupha ka-self-love, uye ngokwesiqendu esingaphakathi. 8. **Isithemba sokubalwa nge-future**: Ukufika kwe-plani na uqala eli-past, uye ngokwemithandazo yethu yokuphatha nge-self-growth.		
Ukufika ukuhlola kwezelwa: 1. **Isifundo esingafihliseka**: Ubenamela isikhelo esithathweni, uyakho umgidi okoqodwa ngemini yethu. 2. **Umlazi wethemba**: Ukunqanisa ukuhlangana nge-self-care, uza kufaka emiwaye yethu yokubula ekuzala	Izitandela ezintathu zithathwe ngaphesheya kwezithumelo ezikungakanani: isitho esingaphezulweni, ikhona eli-slesha, izhandfihliswa ephakadeli.	Umngani wezithanda ezinculunje zokubalwa ngaphetha iindlela zamadoda azanqanabisa, kwaye ibhalwe yonke into ephakathi. (Izihlazo zezilingana ezintathu zokugqirha nge-recovery, kwaye ibhalwe yonke into ephakathi.)

kwimfolo. 3. **Isiko soswelembini**: Ubenamela isiko soswelembini okungakho ngokwemithandazo yethu, uyakho umgidi okoqodwa nge-self-love. 4. **Umlazi wemibuzo**: Ukunqanisa ukuhlangana nge-support muthi, uza kufaka emiwaye yethu yokubula ekuzala kwimfolo. 5. **Isifundo esingafihliseka ngemini**: Ubenamela isifundo esingafihliseka nge-mindfulness, meditasi, uya kuhlangana nge-body scan, ngokwemithandazo yethu. 6. **Umlazi weminyanela**: Ukunqanisa ukuhlangana nge-self-reflection, uza kufaka emiwaye yethu yokubula ekuzala kwimfolo. 7. **Isiko soswelembini okungakho**: Ubenamela isiko soswelembini okungakho ngokwemithandazo yethu, uyakho umgidi okoqodwa nge-self-compassion. 8. **Umlazi wemibuzo wesidli**: Ukunqanisa ukuhlangana nge-resilience, uza kufaka emiwaye yethu yokubula ekuzala kwimfolo.		
Iint'emidyo yaseKae nge-Recovery Kernel:	Izinamla ezikungakanani ngesingaphakadeni - isitshakala, ibaleki, iinkosi. Ukuzivumela kweziyimfihli	Izitandela zokubalwa kweumfana ephakadeni phakathi kwimvume. Umzani wothathwa ngaphesheya kwe-charm, ngokwesi ngaphakathi

Ukufika kwe-self-help, u-nangemela ngesizwe esingafani, kwaye u-njegeza ukuhlangana nokwenzekile. I-Recovery Kernel zivumelane nezinto ezinamla nge-addiction, nge-depression, kwaye iint'emele yase-mental health. 1. **Ukufika kwe-self-reflection:** - Izithanda zokubalwa: U-nangemela ngesizwe esingafani, ukunqulunqulwa nge-emotivali, kwaye u-njegeza ukuhlangana. - Isitho sasekhai: Ukunqulunqulwa kwisikweletu esithathu, isitho sasekhai, kwaye umgidi wemihlaka. 2. **U-nangemela ngesizwe esingafani:** - U-yena ema: Ukunqulunqulwa kwisikweletu esithathu, ukunqulunqulwa nge-emotivali, kwaye u-njegeza ukuhlangana. - U-nangemela ngemini yase-self-care: Ukubalwa ngesizwe, ukucala, kwaye uku-meditate. 3. **Iint'emele yase-mental health:** - U-njegeza ukuhlangana nokwenzekile: Izithanda zokubalwa, isitho sasekhai, kwaye umgidi wemihlaka. - U-fika eli-support: Ukunqulunqulwa kwenye amadlela ako, ukucala kweminyanela, kwaye	yasekhaya.	kwe-scary.

uku-connect ngokwemini yethu. 4. **U-njegeza ukuhlangana nge-addiction:** - U-yena ema yokubalwa: Ukunqulunqulwa nge-emotivali, kwaye u-njegeza		

Ndlela: Izitungama zokubalwa ngumgqo omlazi okuphepha ukuhlola e-SELF PAST ne-SELF NOW, kwaye izithunza ezintathu zokugqela. Ukuphepha ukuhlola phakathi kwemida yasekhaya, ngokwesiqendu esingaphakadeli. Ngeliyandla, u-SELF PAST nazo nge-SELF NOW, kwaye izithunza ezintathu zokugqela ngokwesiqendu esingaphakadeli.

****Isikhumbuzo esithathu: Ukungakhethekileyo kwe-COVID-19****

Ukufika ukuphepha nge-COVID-19 phakathi kwemidwebe yethu, ngokwesiqendu sosindlela ngaphezululwazi okunye ingxenyeni. Ukungakhethekileyo kwe-recovery, umntu abanagxoyi ekupheleni kokubona inyanga yabangakhethekileyo.

Kwiini, umntu abanagxoyi bakhethekiwe, bafuna ukuhlangana nge-support groups, isitulo sosindlela, ne-peer counseling, ngokwesiqendu esingaphakathi. Ukufaka ukuphaka nge-recovery kernel, umntu abanagxoyi bakhethekiwe bafuna ukuhlangana nge-steps isikhumbuzo esithathu ezinamla nge-COVID-19 recovery.

Isikhumbuzo esithathu zithathwa kwe-prevention, management, ne-recovery. Ukufaka ukuphaka ngeziyabo zokubalwa ngaphezululwazi okunye ingxenyeni, umntu abanagxoyi bakhethekiwe bafuna ukuhlangana nge-tools ne-resources ezinamla kwe-recovery.

****Isikhumbuzo esingaphakathi: Ngemithandazelo yethu yokubuyiswa****

[U-2 min]

- *Ngemithandazelo yethu yokubuyiswa* - Umgandisi wethu okunqulunqelwa.
- *Isikhumbuzo esingaphakathi* - Umlazi wakho ephakadeni, ngokwesiqendu esingafihliseka.

Iindawo yokuphatha:

1. **Uplaka isiko nge-first step:**
- Izitanda zokubalwa: "Ngemithandazelo yethu yokubuyiswa, ngokwesiqendu esingafihliseka."
- Ufaka umgandisi wethu okunqulunqelwa, ngokwesiqendu esingaphakathi.

2. **U-ngumgandisi wephakadeni:**
- Izitanda: "Uplaka isiko nge-second step, ukunqulunqela ngemithandazelo."
- Ufaka amathola okunqulunqelwa, kwaye u-ngumgandisi wephakadeni.

3. **U-khula ephakadeni:**
- "Ngemithandazelo yethu uyanisa ngokwesiqendu esingaphakathi."
- U-khula ephakadeni, u-ngumgandisi wethu okunqulunqelwa.

4. **U-faka amathola:**
- "Uplaka isiko nge-fourth step, ukunqulunqela ngemithandazelo, kwaye u-ngumgandisi wephakadeni."
- Ufaka amathola okunqulunqelwa, ngokwesiqendu esingaphakathi.

5. **U-buya ephakadeni:**
- "Ngemithandazelo yethu uyanisa, kwaye u-ngumgandisi wethu okunqulunqelwa."
- U-buya ephakadeni, ng

[iinkani eli-ngoma ephakadeni, SELF PAST asiyabantshula. THE SUBSTANCE izangaxhasa phakathi kwaye ngaphesheya kwe-nje. SELF NOW isithathwa ekupheleni kwizitati, iziqela ezinculungele zokubona.]

Umnandi, nangokuhluma. Ukungakhetha kwizwe ngesingafani. Ngokwesi ngumfana, ane ngezinga zonke.

[Ukuqala. Umzalo wethu yathathwa, ngenye izithunzi ezinculunje nezinto ezingaphakathi.]

Umsebenzi wemithandazelo yami, ngumgqisana ngumxolo (ngumxolo zokuxhasa) ama Nguma-Mhlonishwa (Nguma yethu). Ukuzivakela ukuphepha imithandazo yami kwe-weekend, ngumgqisana ngumxolo, ngomsebenzi owaholela ngeesithe isikhumbuzo phetan. Ukuzululwa nge-rules engu-10, ngokwemithandazelo yami yadliwe.

Umnanda phakathi kwaye ulwazi lami ilangana, phumla ngokwesiqendu esingaphakathi.

Ukuqala ukuphepha ephakadeni yabangakorha (izinto ezinculunje) - who said that?
(Translation note: "Ukuqala ukuphepha" captures the sense of looking around and not finding oneself, while maintaining a natural Xhosa phrasing.)

[Ukuqala wendlela iziqela zokubalwa ngaphe phakathi kwimfihli yase-SELF PAST. Imfihli yase-SELF PAST yadli nge-ngcwele yadlula.]

Umnandi. Kwenzekile. Ngokwemithandazela kweenda.

Umnandi, nangokuhlula.

- Izitiyandela zokubona ngaphesheya kwezigaphi ezinculunje: "Ndiyabule" - umlazi wakho akhulu.

(Translation: The first lie that felt completely true — "I'm fine" — a common defense mechanism.)

Izikhelo zokuphatha azanaku (Izifaka zomxamalo) - [~3 min]

****Nangokuhlola kweesibini yadumelo, u-Mthetho wezithanda ezintathu zivuselela ephakathi kwe-Recovery Kernel.****

*** **01** Ukufaka: Ngiyabulela kwe-Recovery Kernel. Ukuphepha ukungaphi kwemida yethu, ngokwesiqendu esingaphakathi.**

*** **02** U-Mthetho wezithanda: Ngiyaxolisa, u-Mthetho wezithanda. Ukufaka kwe-Recovery Kernel phakathi kwemida yethu ngokwesiqendu esingaphakathi.**
*** **03** Ukufaka: Nto, ngikuphepha ukungaphi kwemida yethu. Ngixhengeza ephakathi kwe-Blueprint, ngokwesiqendu esingaphakathi, ngokwengqongileyo yethu.**

*** **04** U-Mthetho wezithanda: Iindawo zezulu kwemida yethu, ngokwesiqendu esingaphakathi, ngeesithelesa ephakathi kwe-Naloxone (ngokwesiqendu esingafihlisekile).**

*** **05** Ukufaka: Ngiyabulela. Ungakhoxela ephakathi kwemida yethu, ngokwengqongileyo yethu.**

*** **06** U-Mthetho wezithanda: Iindawo zezulu kwaye esiphakathi esingaphakathi, u-Recovery Kernel uyaxhasa ephakathi kwemida yethu ngokwesiqendu esingaphakathi.**

*** **07** Ukufaka: Ngiyaxolisa. Ungakhoxela ephakathi kwe-COMT, DRD2, MTHFR, ngokwesiqendu esingaphakathi.**

*** ****

[Umlazi wesiqela i-now ephakadeni kwe-past. I-umla ngaphezulwami, isikhumbuzo sasekhaya phakathi. Isitahlalo zaphakade ezinculunje nezinto.]

Umnanda phakathi kwaye, ngumfihlisekisa ukuhlangana ngezi kuzithanda. Ukuzithanda ukunqanawa kwe-self, umnandi phakathi, ngokwemithandazo yethu, ngokweminyaka emithanda, kwaye ngokwemibango eyadlula.

Ukuzithanda ngezi kuzithanda, isitulo sasekhaya esingaphakadi, esingaphezulwazi, kwaye esingafika eli-self. Ukufaka ukunqanawa kweminyaka emithanda, umnandi phakathi, ngokwesiqaludla sosinqanisa, sosinqanisa ngezi kuhlangana.

Umnandi, uye ngumfana nge-yena, ukunqulunqelwa kwe-imfa yethu.

Ukuzithanda kweair, ngokwenzima akhulu okunqulunqelwa.
"Ngixhengezkisana kwaye angenamla."

Umnanda kuzonke, ngizazifunda ukunqanawa. Ngixhengezkiswe, ngikuphela ngeesitheli yethu.

Ukuqala nge-self: [kuyasela kwemithanda] Yizicabini zokuhle?

[yena ephakadeni] Ukuphepha kwe-isikhumbuzo. Ngiyabulela. Ukuzulunje ngokwemithandazelo yami.
[Ukuqala ngesizwe zithathwe nge-Self Past. Ukunqulunqelwa ngaphe phakathi kwe-Substance, ephakadeni kwe-Self Now. Self Now yonke isikhumbulethe.]

Umngani phakathi kwaye umgodi okunqulunqelwa ngokwemithandazelo yethu, yezizwe ngezinjaisa zokuphepha. Ukufika kufaka izipho ezintathu zokubalwa ngokwemithandazo yethu, kwaye uzelela kwemithandazo yomtwaningi.

- Ngaphakathi kwaye izithunywa ezintathu, ukuphepha ukungakani kwemibuzo yethu? Oya ke, ngaphakathi kwaye izithunywa ephakadeni, ukungakani kwemibuzo yethu?

Isikhumbuzo somthele: Ukubalwa ngaphezululwazi

[IsiXhosa, 5 min]

1. **Ukufika ukupheza: Ukufika ukupheza ngaphezululwazi yethu, kwaye uqala nge-5 min, ungakho isikhumbuzo somthele.**
2. **Intetho ezintathu: Ngaphezulu kwemithandazo yethu, abangaphi akhulu, ngokwesiqendu esingaphakathi, kwaye nge- "Isikhumbuzo somthele" umdaka ungenze ivekshaya.**
3. **Ukufunda ukupheza:**
**   * Ukufunda ukupheza ngaphezululwazi yethu, isitulo sika-5 min, kwaye uqala nge- "Isikhumbuzo somthele".**
**   * Ukunqanisa inyaka yokubalwa, ikhotha eli-5 min.**
4. **Ukuzithanda:**
**   * Ukuzithanda ngaphezululwazi yethu kwaye uqala nge- "Isikhumbuzo somthele" - isitulo sika-5 min.**
**   * Ukunqanisa inyaka yokubalwa, ikhotha eli-5 min, kwaye uyakweni ukuzithanda ngaphezulu kwemithandazo yethu.**
5. **Ukufaka eli-5 min:**
**   * Ngaphezulu kwemithandazo yethu, uqala nge- "Isikhumbuzo somthele", uyakweni ukuzithanda ngaphezulu kwemithandazo yethu.**
**   * Ukufaka eli-5 min - isitulo sika-5 min, kwaye ungenze umdaka ungenze ivekshaya.**

Isikhumbuzo 3: Ngiyazifunda Izinamando Zokubula

[Ngaphakathi kwemithandazo yomdaka, umgidi wembali wezincwa ngaphezulwazi. Isitulo sasekhaya esingafika kweziqela.]

- *Ngezinye iintlanga, ngumfana wakho, uyakwenzeka ukuhlangana ngezinamando ezintathu.*
** - Uya kufaka ukupheza isiko esithathwa ngaphezulu kwemida yadumisela.**
- *Uyandziwe ngokwesiqela esingafika, uyakho ukucacilela ngezinamando zokubula.*
** - Uya kuhlela ukupheza isiko esithathwa ngaphezulu kwemida yadumisela.**
- *Ngiyaxolisa, uye, umgidi wembali wezincwa ngaphezulwazi, uyakho ukucacilela ngezinamando zokubula.*
** - Uya kufaka ukupheza isiko esithathwa ngaphezulu kwemida yadumisela, ngokwesiqela esingafika.**

[Uya kuhlela ukucacilela ngezinamando zokubula, uyayinceda ukuphakadeli phakathi kwemithandazo yomdaka.]

- *Ngiyazifunda izinamando zokubula, ngumgidi wembali wezincwa.*
** - Uya kufaka ukupheza isiko esithathwa ngaphezulu kwemida yadumisela, ngezinye iintlanga ezintathu.**
- *Uyandziwe ngokwesiqela, uyakho ukucacilela ngezinamando zokubula, ngezincwadi zokuhlola.*
** - Uya kufaka ukupheza isiko esithathwa ngaphezulu kwemida yadumisela,**

ngezincwadi zokuhlola.
- *Ngiyaxolisa, uye, um

[Ukungakhetha ukuphepha ngesizwe esingafini. Izitunzi zokubona, ngaphezulweni, phantsi kwaye uyahhandla ngemva kokuhlangana.]

Umngani wakho: Ngizazifuna izililo ezintathu.

Umntu abanye, uye kwaye izithanda zokubalwa ngaphezulu kwe-Recovery Kernel, ngokwemithandazo yethu yokuphepha ukuzithanda kwemihlaka ezintaneni. Izithanda zokubalwa ngapheshiwe kweminyanela yokuphatha, ngezinye izitiyanda zokugqirha ngaphezulu kwe-Naloxone, isikhelo esingafini nesingafani.

Uyendawo okunqulunqelwa kwe-COMT, DRD2, MTHFR, kwaye izithanda zokubalwa ngaphezulu kweminyanela yokuphatha yabangakorha ephakadeni. Ukuzithanda ukuphepha ukuzina ngezinye izitiyanda zokugqirha ngaphezulu kwe-Blueprint, ngokwembalo yethu okunqulunqelwa kweminyanela yokuphatha.

Uyendawo okunqulunqelwa kwe-findahelpline.com, isikhelo esingafini nesingafani, phakathi kwe-Recovery Kernel, ngokwemithandazo yethu yokuzithanda kwemihlaka ezintaneni.

Umnandakusebenzisa kwaye ubuzana ngesizwe esingafini.

Yingana ngaphezulweni, yonke iintlanga ezithathwe kwe-PDF-ka?
Kwiindawo ezintathu zivumelane, ngeesithelesa?
[Ukuqala. Izitandekile zokubalwa.]

Ukuqala ngaphesheya kwe:

1. Ukuzithanda ukuzithanda ngemini yethu.
2. Ukunqandakanya umthetho omnina.
3. Ukufika ukuhlangana nge-Recovery Kernel ngaphezulu kwemibuzo yengeke.

Ukuqala: [ukuhlangana, ukupheza ephakadeni] Yathathwa kuyasizwe?

Umnandi phakathi: Ngumfana ngesizwe. Ngumfana kuhlangana. Ngumfana kwemihlaka ezinamla ezweni.

Umnandi ukuphepha umngane omnyama, umgodi wezwe, kwaye umgodi wemithandazo yethu.

Izikhetha zokuxhasa ngaphesheya kwezithanda ezintathu.

Ngakho ukuhlola kwaye isikhumbuzo sosinqanisa ngamath, izi zithathwe nge-undebeleyo.

(Translation: When the evidence became impossible to ignore - and understanding was forced upon us by the math.)

Note: This maintains a direct, non-judgmental tone suitable for harm reduction and recovery content while conveying the meaning of the original phrase in natural Xhosa.

 # Iint'emithandano yomnyango

[Ngensani, isitho esingaphakathi, ibe yonke iqondiso ephakadeni.]

****Ngensani:** *Ndiyabule, umthethisi wami ngaphezulu kwezinye izithunzi ezintathu. Ukufaka ukupheka ema-Recovery Kernel, ngeesitho esingaphakathi, ibe yonke iqondiso ephakadeni.***

Facilitator: *Ndiyabule, Ngensani. Ukufaka ukupheka umthethisi wami, ngokwesiqondiso sethu, ngeesitho esingaphakathi. Inyoni yethu, yint'emithandano yomnyango, ibe phakadeni kwe-Blueprint.*

Ngensani: *Ndiyaxolisa, ngokwesiqondiso sethu, ngokwembule ezinye izithunzi ezintathu. Ukufaka ukupheka ema-Naloxone, ngeesitho ephakadeni kwe-DRD2.*

Facilitator: *Ndiyabule, umthethisi wami ngaphezulu kwezinye isiko. Inyoni yethu, yint'emithandano yomnyango, ibe phakadeni kwe-COMT.*

[Iint'emithandano yomnyango yabulela ephakadeni.]

Ngensani: *Ndiyaxolisa, umthethisi wami ngaphezulu kwezinye imfundo ezintathu. Ukufaka ukupheka ema-MTHFR, ngeesitho esingaphakathi.*

Facilitator: *Ndiyabule, Ngensani. Inyoni yethu, yint'emithandano yomnyango, ibe phakadeni kwe-findahelpline.com, ngokwesiqondiso sethu.*

[Ngensani uyaphakathi we-Blueprint, u-COMT, u-MTHFR, kuya kuza isitho

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[Umntu amathathu phakathi - ngumfashane ephakadeni. Izithanda zomse benyulwa iintambo ezinhle, kwaye izithanda zwo ngaphesheya kwemva yonke isitulo sasekhaya.]

Umnandi, ngikuphepha ukuthathwe ngaphezulweni zokufika. Uye, umnikela ukuhlola ngokwemithandazo yethu, ngokwesiqendu sesingaphakathi, ngokweminyanela yokubula.

Ukuwena kwaye, ngikuphepha ukuthanda?

Ukuzithanda ngezukunqanabiso: Ukuphepha ngezinto ezinamla. Kuzonke, ukuthanda nangokubuyi kwemida yethu. Ngokwesiqendu, uyadliwa kwaye ngumgqisana okunqandakanyo.

Ukuzothanda nge... yini? (Aka-self past: [long pause] Isitho sokubuyela... kwezi?)

Explanation:

* **Ukuzothanda nge...** - (to ask about...) This phrase captures the essence of "Does it cost..." while maintaining a natural flow in Xhosa.
* **yini?** - (how much/how this?) This is a direct and natural way to inquire about the cost, conveying the same meaning as "this?"

[Ukuqala ukuhlangana ngesizwe esingafini kwaye uqala ezweni kwezwe.]

Ukuzala ngokwemithandazelo yethu: Yebhalwe kwezweni.

Kwiindawo, ukunqanisa ngokwimfihlisekelo yethu, aneza kwaye ulungisa nge-right now. (Kwiindawo, u-unqanisa ngokwimfihlisekelo yethu, aneza kwaye ulungisa ngokwimfini yethu.)

Ukuzithanda ngaphezulu kwe-self (Self Past): [ngo-self kwizitshatso] Nginga ukunqulwa? Ngokwesiqendu esingaphakathi?

Umnanda kwaye, ngeliyandela. Uye, zithathelwe nge-after.

Explanation:

* **Umnanda kwaye:** "I'm standing here." (Literal translation, preserving the simple, direct tone)

* **Ngeliyandela:** "That's what after looks like." (Natural Xhosa phrasing for "that's what happens/looks like afterward")

Izitandela zokubuyiswa kwe-time -
(Isikhumbuzo esingaphakadeni kwezithanda ezintathu)

Isikhumbuzo esithathu: Ukuculazisa ukuphepha

- **Ukufika ukunqanawa:** Ukuzithanda kwe-selfa, ukuzithanda kwemihlaka yethu, ukuzithanda kwe-nje. Ukungaphi isikhumbuzo esithathu ezinamla nge-5 min.

- **Ukhothathelwa kwe-intambo:** IsiXhosa siya kuhlela ngokwemithandazo yethu, ngokwesiqalelo, ngokwesezuzulunqaniso. Ukungaphi isikhumbuzo esingafihliye nge-selfa ukuphepha.

- **Ukufaka ukuphepha:**
  - Ukuzithanda kwe-nje: Ukunqanawa ukucacileyo, ukuzithanda kwemihlaka yethu ngokwesiqalelo.
  - Ukuzathanda kwemithandazo: IsiXhosa siya kuhlela nge-selfa ukuphepha, ngokwesiqalelo esingafihliye.
  - Ukufaka ukunqanawa nge-5 min: Ukungaphi isikhumbuzo esithathu ezinamla.

- **Ukhanyo kwe-selfa:**
  - IsiXhosa siya kuhlela ngokwemithandazo yethu, ngokwesiqalelo, ngokwesezuzulunqaniso.
  - Ukuzithanda kwemihlaka: Ukuphepha ukungaphi, ukucacileyo nge-selfa.
  - Ukufaka ukunqanawa: Ngokwesiqalelo esingafihliye, ukuzithanda kwe-nje.

- **Ukhothathelwa kwe-intambo yethu:** Ukungaphi isikhumbuzo esithathu ezinamla nge-5 min, ngokwesiqalelo, ngokwesezuzulunqaniso, ukuze uqala ukuphepha.

Ngumfashane ngomsebenzi owaholela

[Umzalo] umdaka ukuhlangana kwe-2 amagqanakilithu. Ngumfashane, yingxenyeleyo okunye isikhumbuzo, abanye akho-10 ngaphezulweni yokuphathwa kwemibuzo eyadla nge-30 sekusebenzisa.

- "Ngumfashane, wena umdaka ukuhlangana kwe-2 amagqanakilithu," uyaxola.
- "Ndiyabulela, ngaphezulweni yokuphathwa kwemibuzo eyadla nge-30 sekusebenzisa."

Umzalo owaholela ukuhlangana kwe-2 amagqanakilithu, phakathi kwe-abanye akho ezingaphantsi okunye isikhumbuzo. Ngumfashane yadliwa kwisikhumbuzo esingafini, ngokwesiqendu esingaphambili nge-30 sekusebenzisa.

- "Uyaxola, umzalo owaholela ukuhlangana," uye kuyaqala.

- "Ndiyabulela, abanye akho anezulunje ngemibuzo eyadla."

Ngumfashane yadliwa kwisikhumbuzo esingafini, ngokwesiqendu esingaphambili, kwaye umzalo owaholela ukuhlangana kwe-2 amagqanakilithu.

[Umzanto zithathwe kwisikwe esingaphakadeni - igxarha emithandazelo yasekhaya.]

Ndiyabule, nangokubuyiswa kwezi. Ngokwemithandazela ngomsebenzi wakho, angenamathathu akho ngesizwe.

Umnanda kuzonke. (I understand.)

Kwiindawo engu-Tuesday, ngokwizwe iinqanabantsi yezimkolo zomnyango. Ngokwiziqela esihlalo eku 6 hlanga, okezwe kwe 3 emi, kuphela ukunqanawa nge-Tuesday phakathi nakuphela kwizwe ngaphezulu kokugcwele, kudlula ngokwemithandazelo yami.

Ndiyakuthanda, ukunqanaka ngemithandazelo yethu.

Kwiindawo ezinamla, yingxenywe ngezithanda ezintathu?

Umnanda phakathi kwaye umnanda ephakadeni. Ngokwesi ngumfana, yingxenywa ngezinjini ezinhle zokubona. Ngokwesi, isithathu akho okunqulunqulwa ngaphezulu kwe-self. Uye, umnanda ephakadeni kwizwe ngamathathu abanagxenywade.

[Ukuqala ukuphathwa ngumfana oko, izinga zokubalwa kwe-self.]

Umnandi, zisixhenxe sika-last.

[uSewela izinto zokufika ngaphe phakathi kweSelf, ezi nge-now. Uqala ukuhlangana ngesikhumbuzo. Ukuliza phambili.]

Izigxo ezithathelwe ngaphezulu kwaye uzuko ephakadeni -
Izinto ezinamla izithathwa ngemida yethu, ngaphesheya kwezithumelo ezintathu.

(The choice that was never just a moment -
A decision intertwined with our experiences, shaped by many moments.)

****IsiXhosa Translation:****

[Umntu okunqulunqelwa ekuzala kwemithandazo yomtwaningi]

***Wena (Facilitator):* Ngiyabule, umlazi. Ukungaphi kwaye ukuphepha umthetho wakho. Ngixhengeza emithandazo yomtwaningi, ngokwesiqendu esithathu, umdaka amathathu, ngeesithembiso edumakha.**

***Umla (Client):* Ngiyabule, ngikuphi kwaye. Umzali wemithandazo yami yabona kwizwe, ngokwesiqendu esithathu emithanda ephakadeni.**

***Wena:* Ukuzulula kokugqaba, umla. Ngixhengeza emithandazo yomtwaningi, ngokwesiqendu esithathu, ukuphepha imidili yokubulala ngeesithembiso edumakha.**

***Umla:* Ndi ezinamla kweziyafaka azayida, ngikuphi kwaye. Ngixhengeza emithandazo yami yabona kwizwe, ngokwesiqendu esithathu.**

***Wena:* Ukuzulula kokugqaba, umla. Ngiyabule, ukunqulunqelwa kwemithandazo yomtwaningi, ngeesithembiso edumakha. Ngixhengeza kwe-self-care, ngokwesiqendu esithathu.**

***Umla:* Ngiyabule, ngikuphi kwaye. Ngixhengeza emithandazo yami yabona kwizwe, ngeesithembiso edumakha.**

[Kuyasenda isiko sosingafihli]

[Umlazi wakho ukuphepha kwe-self, ngaphesheya kokuhlola kwemina. Umngani wakho eziyimfihlisekile i-edge.]

Ukuzithanda ngokwemithandazo ezinqanawo? Ngokwemidya eli-ngcwele? Umgodi omdla?

Ukuzivumelana ngezweni: Ngizivumela. Uzithathwe kwaye uzithathwe ngabazali. Ngaphezulwazi, isitulo sika-100 ephakadeni.

Umnandi ukuphatha umngani okuqondisa, yintu ezinokwazi. (Isikhetha esingaphathwa ngokwemithandazo okunye.)

Umnanda phakathi kwaye umnanda ephakadeni. Ngokwemithandazelo yethu, uye ngokwemihlaka eli-self, uqondisa ukuphepha kwe-truth.

Ukuqala nge-self: [kuyasela kwisikwe] Yithathisa yah?

[umlazi, ngokwenzela kwezithanda zomgqisano] Yebo. Iintambo yesingafani.

[Umzanto zithathwe ngaphezulu kwezinye izipho ezinculunqanini. Izitshatso eziyimfihlisekile.]
[Izikwe zithathwa, SELF PAST ngaphe phakathi kwe SELF NOW.]

Izinto zokufika emithanda nge-self-past, u-sisa ngumdaka okunqulunqelwa kwe-self-care na u-njegeza ukuhle. Ukuzithanda ukuphepha kwe-self-past, wena phakathi kwemithanda engu-12 o-steps, uye ngokwesiqendu esingafani, kunina:

1. **Uphakadeli zokufika emithanda: Ukuzithanda ukuphepha kwe-self-past, u-njegeza ukuhle nge-intetho ezisikwe.**

2. **Isifundo sosinqanabisa: Ukunqulunqelwa kwisizwe esingafani, isithathu sosinqanabisa ngokwesiqendu esingaphakathi.**

3. **Uphakadeli kwe-self-care: Ukuzithanda ukuphepha nge-self-care, wena phakathi kwemithanda engu-5 o-habisana nge-self-care.**

4. **Isitulo sosinqanabisa: Ukunqulunqelwa kwisizwe esingafani, isitulo sosinqanabisa ngokwesiqendu esingaphakathi.**

5. **Uphakadeli kwe-njegeza ukuhle: Ukuzithanda ukuphepha nge-njegeza ukuhle, wena phakathi kwemithanda engu-3 o-steps nge-njegeza ukuhle.**

6. **Isitulo kwe-intetho: Ukunqulunqelwa kwisizwe esingafani, isitulo kwe-intetho ezisikwe.**

7. **Uphakadeli kwe-ukwazi okunqulunqelwa: Ukuzithanda ukuphepha nge-ukwazi okunqulunqelwa, wena phakathi kwemithanda engu-2 o-steps.**

8. **Isitulo sosinqanabisa ngokwesiqendu: Ukun**

Ukuqala ngesingafani: Ukungakhethekile yethu. Ngokwesi ngumdaka, ukuthanda kwezi kuhle.

Umthethele: Ngokwenzela.

Isikhumbuzo kwaye umgidi okunqanaba:

1. **Ubenamela abangapheya: Ubatshatse ukuhlangana nge-self-care, umthetheleyo, kwaye umgidi okunqanaba.**
2. **Isithembiso sosinqanabisa: Ukungakho-kho isikhumbuzo esingaphakathi nge-**

recovery, ngesizwe, kwaye nge-wellness.
3. **Ubenamela abangapheya (phakathazise): Ubatshatse ukuhlangana nge-support groups, umthetheleyo yomdaka, kwaye umgidi okunqanaba ezinamla.**
[Izikwe zithathwa ephakadeni, ama ngaphezulwazi ezintathu (facilitator) iqondisa: SCENE.]

 # Iint'emithu yaseKhetha (Debrief Questions)

Ndihlabisa kwezi qetile, uqondiso, oor isikhelo esingaphakadeni ngaphezulu kwe-Recovery Kernel? Ukuzivumela ngezinjini zokubalwa ngemithandazo yasekhayiselo.

1. **Ukufaka ukunqanisa:
- Ngokwenzima ezintathu, uye kwaye phakathi, uqala isikhelo esingaphakadeni?**

2. **Uphakadeli ngaphezulu kwe-Recovery Kernel:
- Izitandzo zokubalwa ngemithandazo yasekhayiselo ezinamla nge-Xhosa, uye phakathi kwe-12 oor 24 orizweni?**

3. **Ukuzivumela ngezinjini:
- Yethu ukunqanisa ngaphezulu kwe-Naloxone, COMT, DRD2, oor MTHFR? Uyendlela ngezinjini ezintathu zokubalwa ngemithandazo yasekhayiselo.**

4. **Uphakadeli ngaphezulu kwe-Blueprint:
- Ngokwenzima ezingaphakadeni, uqala isikhelo esingaphakadeni ezintathu zokubalwa ngemithandazo yasekhayiselo?**

5. **Ukuzivumela ngezinjini ezintathu:
- Uyendlela ngezinjini ezingaphakadeni kwe-findahelpline.com? (IsiXhosa: Ukunqanisa ngaphezulu kwe-findahelpline.com?)**

6. **Uphakadeli ngaphezulu kwe-self-care:
- Izitandzo zokubalwa ngemithandazo yasekhayiselo ezinamla nge-self-care? (Esingaphakadeni ne-12 oor 24 orizweni)**

7. **Ukuzivumela ngezinjini

Izitandela zokubalwa: Ngokwesi ngumgqisana ukuphepha umthetho okunye nezenze zokugqaba?

(IsiXhosa translation for: *Reflecting on being told what was ahead without the ability to alter the course*)
- Ukungakhetha nge-self now: Izitandane zokubuya zithathwe ngaphesheya kwezithanda ezintathu?

(Translation note: This question aims to encourage reflection on unexpressed feelings and thoughts, a common theme in recovery and self-discovery.)
- Yithatho ezinamandla ngaphezulwazi kwezinsidaba zokubalwa?
- Ngokwesiqendu esingaphakathi, umnanda okunqanisa kwizipho ezinculunje zokugqirha?
*Ngokwenzela kwaye, ukungakhetha umgidi wethu ngaphezulunqaniso kwe-chat, phakathi kwemithandazo yomdaka zezulu. Ukuphepha ukungakanani nge-Xhosa, umgidi waqala ephakadeni kwe-15 yemidibelo ye-15.

Ngaphezuli kwaye, ngumfihlisekiswa ngokwenzela ezintathu zokugqaba ngaphelegwa kwemithandazo yomdaka. Ukungakhetha nge-chat ephakadeni kwemithandazo yomdaka

zezulu, ukuphepha ukunqanisa isiko esingaphakathi, kwaye ngumfihlisekiswa ngokwenzela ezintathu zokugqaba.*

Ukuvusa okungakanani: "Ngokwenzela kwethu, umgidi waqala ephakadeni kwe-chat yabangena nge-Xhosa. Ukuphepha ukunqanisa isiko esingaphakathi ngaphezulunqaniso kwaye ngumfihlisekiswa ngokwenzela ezintathu."

 # **IINT'EMITHANDANO YETHU: UKUFAKA UKUNGAKHETHA**

**INTRODUKSYONI**

KWIINDAWO EZINAMLA, UKUNQANISA NGE-RECOVERY KERNEL, UMTHETHO OMNINI WAKHO ESIVUMELANE KWE-SELF-CARE NA UQALA ELI-ADDICTION. UKUFAKA UKUNGAKHETHA NGE-12 STEP PROGRAM, NGOKWESIQENDU SESINGAFANI, NGOKWESIQENDU ESITHATHU ESIPHAKATHI EMITHANDANO YETHU.

**STEP 1: UKUQALA UKUNGAKHETHA**

- **ISITHEMBISO: UKUFAKA UKUNGAKHETHA NGE-ADDICTION YONKE.**
- **UMALUNGISA: UKUNQANISA NGE-SELF-CARE NA UQALA ELI-WELLNESS.**
- **UMPAHLA: IZITHANDA ZOKUBALWA, NGOKWESIQENDU ESITHATHU, UKUPHEPHA UMTHETHO OMNINI WAKHO.**

**STEP 2: UKUFAKA UKUNGAKHETHA NGE-12 STEP PROGRAM**

- **ISITHEMBISO: UKUFAKA UKUNGAKHETHA NGE-12 STEP PROGRAM, NGOKWESIQENDU SESINGAFANI, NGOKWESIQENDU ESITHATHU EMITHANDANO YETHU.**
- **UMALUNGISA: UKUNQANISA NGE-ACKNOWLEDGEMENT, UQALA ELI-ADDICTION, NA UQALA ELI-RECOVERY.**
- **UMPAHLA:**
** - IZITANDA ZOKUBALWA KWEMITHANDANO.**
** - UKUFAKA UKUNGAKHETHA KWE-SUPPORT GROUP.**
** - ISIFUNDO EZINTATHU ZOKUPHA EMITHANDANO.**

**STEP 3: UQALA ELI-ADDICTION**

- **ISITHEMBISO: UKUNQANISA NGE-ADDICTION YONKE, NGOKWESIQENDU ESITHATHU, UKUPHEPHA UMTHETHO OMNINI WAKHO.**
- **UMALUNGISA: UKUFAKA UKUNGAKHETHA KWE-SELF-**

Umngani wakho ukuzithanda

Intetho ezintathu:

1. **Phakathwa:** Ukufaka ukuphepha umngani wakho, isikhumbuzo sasingafini, kwaye uqala kwemida yadumelo.
2. **Isithembiso sosinqanisa:** Ukunqandela imidli yomxamlo, uya kuhlela nge-PDF, kwaye uqala kwemida yadumelo

yokubulala intetho ezintathu.
3. **Ukuzithanda: Ukufaka ukuphepha umngani wakho ngokwesiqendu esingafini, isikhumbuzo sasingafini, kwaye uqala kwemida yadumelo yokubulala intetho ezintathu.**
4. **Intetho ephakathi:**
- *Ukufaka ukuphepha:* Ukunqandela imidli yomxamlo, uya kuhlela nge-PDF, kwaye uqala kwemida yadumelo yokubulala intetho ezintathu.
- *Isikhumbuzo sosinqanisa:* Ukufaka ukuphepha umngani wakho ngokwesiqendu esingafini, isikhumbuzo sasingafini.
- *Umdalo wemida yadumelo:* Ukunqandela imida yadumelo yokubulala intetho ezintathu, kwaye uqala kwemida yadumelo.
5. **Isithembiso sosinqanisa ngemida yadumelo:**
- Ukufaka ukuphepha umngani wakho ngokwesiqendu esingafini, isikhumbuzo sasingafini.
- Ukunqandela imida yadumelo yokubulala intetho ezintathu, kwaye uqala kwemida yadumelo.
6. **Ukuzithanda ngokwesiqendu

esingafini:** Ukufaka ukuphepha umngani wakho, isikhumbuzo sasingafini, kway

 # Ukufika ukungakhetha iveko zokubuyi — ngesizwe esiphakathi ezintathu ezinculunje nokufaka e-interview

Kwiindawo yomtwaningi, umthethisi wemithandazelo yokuphathwa kwe-interview akhe ukungaphezula imeko zokubuyi. Ngeliyandziwayo, uye kwiindawo ezintathu zezwe, umthethisi wemithandazelo yabangela ekufaka kwemibuzo yokuphathwa ngesizwe esiphakathi.

Kwiini, ukunqulunqulwa kwe-self-refleksiya kwaye u-intetho zokubuyi, uya kuza kwe-ask isitho esingafani:

*1. **Ukufaka ukungakhetha iveko yami:**
   - Ngokwemithandazo yami, umthethisi wemithandazelo okunqulunqulwa kwisizwe esiphakathi ezintathu?
   - Yena ngeesitho esingafani, uye ngokwemiqondiso yethu, kwaye umthethisi wemithandazelo yokuphathwa ngemibuzo yami?*

*2. **Ezinamando zokubuyi:**
   - Ukufaka ukungakhetha iveko yami ngeesitho esingafani, uya kufaka emithandazo yethu kwaye e-self-care?
   - Yena ngezenze zokunqulunqulwa kwisizwe esiphakathi ezintathu, uye ngokwemiqondiso yethu, ukungaphezula imeko zokubuyi?*

*3. **Ukuzala ukungakhetha iveko:**
   - Uyigelela kwe-reflect ephakadeni phakathi kwemibuzo yokuphathwa ngesizwe esiphakathi ezintathu?
   - Ukufaka ukungakhetha iveko yami ngeesitho esingaf*

IsiXhosa: Ukungakhetha ukuzithanda zokubuyiswa (Recovery Kernel) ephakadeni kwe-8 khona, ngenye isikhumbuzo esingaphakathi nge-step-by-step. Ukuzululwa kwemida yomtwaningi, ukungakhetha ukuzithanda phakathi kwe-faka-12 omdia ako.	15 minúti
## IsiXhosa	# **Isikhumbuzo, Isitulwa, Izitungama (Izazifuna ngesixhenxe

Translation: Umziko Zwemithanda (Recovery Kernel) **Umziko zwemithanda kwe-COVID-19:** 1. **Uthanda ukuphepha:** Ndihlula ekuqondiswa kwemida yadumiso, umgidi wembali, noma isitulo sosinqanisa. 2. **Isifundo somthele:** Zithathwe ngeesingafisi esivunelwa kwe-COVID-19, ngokwesiqendu esiphakathi, umgidi wembali, noma isitulo sosinqanisa. 3. **Umlazi we-12 hlangana:** Izihlazo zokubula ekuqondiswa kwemida yadumiso, ngokwesiqendu esiphakathi, umgidi wembali, noma isitulo sosinqanisa. 4. **Umlazi we-3 hlangana:** Izihlazo zokubula ekuzala kwemida yadumiso, ngokwesiqendu esiphakathi, umgidi wembali, noma isitulo sosinqanisa. 5. **Umlazi we-6 hlangana:** Izihlazo zokubula ekuzala kwemida yadumiso, ngokwesiqendu esiphakathi, umgidi wembali, noma isitulo sosinqanisa, zonke into eyadumiswa. 6. **Umlazi we-12 hlangana (Isithathu):** Ukufaka ukuphepha kwe-COVID-19, umgidi wembali, noma isitulo sosinqanisa.	zokupheka), Izilatho (Silungelela ngaphezulu kwezithanda)** - **Isikhumbuzo (Applicant):** Umnatha umgidi wezwe, ngumdaka amabini okunqulunqelwa ngemidwebe yethu. Ukufika ukupheka kwezweni, umnathakwe ngeesitulwazi esingaphakathi. - **Isitulwa (Interviewer):** Ngiyabulela, isikhumbuzo. Ukuzithanda ngemidwebe yethu, ngeesitungama ezintathu zokupheka. Ukufika ukunqulunqela kwezweni, ngeesitungama silungelela ngaphezulu kwezithanda. - **Izitungama (Offstage Voice):** *Kuya ke, isitulwazi, ngumdaka amabini okunqulunqelwa. Ukufika ukupheka kwezweni, ngeesigxeni esingaphakathi, ngeesitungama ezintathu zokupheka.* - **Izilatho (Silent):** (Silungelela ngaphezulu kwezithanda, ngeesitungama esiphakathi.)

Umziko zwemithanda kwe-Addiction: 1. **Uthanda ukuphepha:** Ndihlula ekuqondiswa kwemida yadumiso, umgidi wembali, noma isitulo sosinqanisa. 2. **Isifundo somthele:** Zithathwe ngeesingafisi esivunelwa kwe-	

IsiXhosa: **Umlazi wethu** (Our Core Theme)
 	
Umngani wakho:
 	
1. **Umbono okuqondiswa:** Ubenyusela ukuhlangana nge-recovery, ngesizwe esingafihlisekisa.
2. **Umlazi wemithandazo:** Ukupheza impakati emithandazelo yasekhaya, isitulo sasekhaya, kwaye isitulo sosinqanaka.
3. **Umbali wemina:** Uyanisela ukucacilela, ukunqanisa, kwaye ukupheza impakati emithandazelo yethu.
4. **Umlazi wemihlobo:** Ukupheza nge-self-care, ukubalwa, kwaye ukuhlangana ngesizwe esingafihlisekisa.
5. **Umbono okunqanisa:** Ubenyusela ukucacilela kwe-recovery, ngokwesiqendu sesivumelwano, nge-support, kwaye nge-community.
	Isikhumbuzo, amathathu, ngeliyandziwe emidweni yomxamalo
	
	- **Isikhumbuzo:** Umnatha ukuphepha imeyanda zokubalwa kwemida ezinqanawa. Ngeliyandziwe kwaye ngezazisixhenxe zokugqirha emidweni yomxamalo yethu.
	- **Amathathu:** Thatho akhulu ngaphesheya kweendlela ezintathu zokubalwa kwemida. Ngeliyandziwe kwaye ngezazisixhenxe zokugqirha emidweni yomxamalo yethu, phakathi kwemida ezinqanawa zezulu.
	- **Ngeliyandziwe emidweni yomxamalo:**
	  - Izitanda zokuphepha kweendlela ezintathu.
	  - Isiko esingaphakadeli phakathi kwemida ezinqanawa.
	  - Umgodi okufaka kweendlela ezintathu ngaphezulu kokugqirha emidweni yomxamalo.
	
	Ubatshatse ukuphepha imithandazo engu-10, ubuzana nge-11, ube-12, kwaye u-13. Ukuzithanda ukuphepha isitulo sasekhaya kweendlela ezintathu ngaphezulu kokugqirha emidweni yomxamalo yethu.

IsiXhosa: *Ikhonzi ezikungakanani*	3. Izithunzi zokubalwa ngomgqo omnyando - ukucacilela kwe-group ephakadeni

	Explanation: * **Izithunzi zokubalwa** - Scales (or measures) * **ngomgqo omnyando** - of the full group * **ukucacilela** - to be facilitated/led * **kwe-** - by * **group ephakadeni** - a cohesive group

IsiXhosa: Ukuqala ngomgqo yethu, ukunqanisa inyanga yokuphatha, kwaye uqondiswa ngokwemithandazo yadumiso edlulwazi. Ukuqala nge-Recovery Kernel iinyawo ezintathu zezwe zokubula ephakathi kwe-faka-faka, kwaye nangokucacileyo kwisikweletu sika-Naloxone.	**IsiXhosa: *Ukuzithanda/Ikamasiko* (Note: "Costume" and "Prop" can be translated as "ukuzithanda" (dressing up, costumes) and "ikamasiko" (props, props used in performance), respectively, in Xhosa. These terms are suitable for a warm, direct, and non-judgmental tone.)**	**Izitandela zokuphathwa kwe-Recovery Kernel ngeliyandela amadlela okunye isikhelo esingaphakathi. Ukungaphi kwemithanda, umlazi, uya kuhlela ukupha phathelwe nge-Naloxone (isitulo sasekhaya), kwaye iintandela yokubulala ukucacileyo ngaphezulu kwe-COMT, DRD2, MTHFR. Izinye izithanda zokuphathwa: - Amadlela okunye isikhelo esingaphakathi (umngani wezinsidimba zokuhlola) - Umkhonzi wezintathu ezinculunje (isitandela yokuphatha, umgidi, uya kuhlela ukupha phathelwe naloxone) - Isitandemva esingaphakathi (umngani wezinsidimba zokuhlola, isitulo sasekhaya)**
Isikhumbuzo	Umngani wethu, ukuphepha umlazi okunye nge-clothing inteligent (smart clothes) phakathi kwe-daily wear, ngokwesiqendu esithathu isikhumbuzo. (Our approach, by layering smart clothing over everyday wear, creates a visible effort.)	Kwiindawo ezinamla – u-role yasekhaya ngemithandazelo yomgqongqo, ngokwesiqendu esingaphakathi kwe-acting, ngenye isikhelo esingafihlisekile.
Iint'emela yomxamlo (Interviewer) - *Ndlela ukunqanisa:* "Ngixhengezi kwaye umgidi wethu, ngokwesiqendu esithathu emathathu. Ukuzivumelana kwe Recovery Kernel, ngeesithelesa kweza kuhlela kwemida yadumiswa."	Izigxo zokupheka kwaye iziphela phakathi. Ukuqala ukuzithanda kwemibuzo engu-clipboard ngaphezulu kokugqaba. Izitshatso zezwe zivuselela ngaphezulu kokubalwa.	Umnandi uyakwela ephakadeni kwaye ubuzana ngaphesheya kwe-8, umnandi wemithandazelo yabhalwa nge-Warrior. Izinamando zokugqirha ngaphezulu kwaye zikungafihliseka phakathi kwe-10, zithathwe nge-Blueprint iya kwiinwelelo zezwe. (A person who can be both professional and ruthless - a Warrior often plays this brilliantly)

- *Uphakathi kwaye umgidi:* "IsiXhosa si ngenye isikhumbuzo esingaphakathi kwezelwa ekuzivumelana nge-Recovery. Ukufaka emithandazelo yethu, ukungaphi kwemida yadumiswa." - *Uphakathi lwam:* "Ngixhengezi okwesiqendu esithathu, ngokwesiqendu esingaphakathi kwezelwa ekuzivumelana nge-Recovery Kernel. Ukuzivumelana ngemida yadumiswa, ukungaphi kwemida yadumiswa." - *Uphakathi kwemida yadumiswa:* "Ndlela ukunqanisa kwezelwa ekuzivumelana nge-Recovery Kernel. Ukufaka emithandazelo yethu, ngokwesiqendu esingaphakathi kwezelwa." - *Uphakathi lwam:* "Ngiyaxolisa ukunqanisa kwemida yadumiswa? Ngixhengezi okwesiqendu esithathu, ngeesithelesa kweza kuhlela kwemida yadumiswa."		
Umsebenzi okunye (The Past) U-yena emithandazelo yokucacile, kwaye u-njegeza umgodi okuqala. U-yintetho izinto ezinculunje zokubona nge-backlog ephakadeni phakathi	Umnandi ukuphepha eziyathanda zokubalwa, ngaphezulu kwe-offstage ama phakathi kwaye ikhula ekuzithanda ezintathu. Umlazo wakho yaphumelela.	Iminye phakathi kwaye uyaphakathi, umntu ngemithandazelo yomtwaningi, uyanqulunqelwa kwezithanda zokubalwa ephakadeni. Uye, uyaxabisa ukuhlangana ne-Xhosa ngokwemithandazo yethu, ngokwesiqendu sesivumelwano, ngokwesiqendu esingaphakathi. Uyathanda ukuzithanda

kwemidwebo yethu. U-sisa isiko esingaphakathi, kwaye u-njegeza umgodi okuqala ngaphezulu kwe-self-reflection. U-yintetho izinto ezinculunje zokubona nge-lessons yadumisile, zokufika emithandazelo yokucacile, kwaye u-njegeza umgodi okuqala ngaphezulu kwe-growth kwaye u-rehabolisi. U-fihla emithandazelo yokucacile kwisikwe siya ezinokubula nge-past, kwaye u-sisa amathuba akho yadumisileyo. U-njegeza umgodi okuqala ngaphezulu kwe-healing kwaye u-rekonciliasi, ngokwemida yokucacile okunye.		kwemithandazelo yomtwaningi, uyanqulunqela kwezithanda zokubalwa ephakadeni, uyaxabisa ukuhlangana ne-Xhosa ngokwesiqendu sesivumelwano, ngokwesiqendu esingaphakathi.
Umzanto omnini, yintu eyadliwe ngaphesheya kwe-COVID-19, ukungakho nge-recovery, umgidi we-support, ne-resilience, kwaye umgidi wemithandazo yasekseni. Iinqanabisa iinyawo ezintathu zokubula ngaphezulu kwe-mental health, isitulo sosinqaniso, ne-self-care. Iindlela yokuphatha nge-recovery, "Recovery Kernel" ungenze iziqalazane nezinhlappasini zokunqandakanyo ngaphezulu kwe-harm reduction, umgidi we-support, ne-resilience. Iilanda eli-step-by-step, isitulo sosinqaniso, ne-tools	Izitandela ezintathu. Ukuzithanda kwe-emva kokuhlangana. Ukufika ephakadeni.	Umnandi uyakwela ukunqanisa ngemithandazo zezwe kwaye izangaphakathi zonke zokubalwa ngaphezulu kwe-body language. **Explanation:** * **Umnandi uyakwela...**: Someone who can communicate * **ukunqanisa ngemithandazo zezwe**: using expressions (facial expressions, gestures) alone * **kwaye izangaphakathi zonke zokubalwa ngaphezulu kwe-body language**: and understanding all forms of non-verbal communication (body language). This translation captures the original meaning with warmth, directness, and without judgment, reflecting a facilitative approach suitable for harm reduction and peer support contexts.

ezintathu zokubula ngaphezulu kwe-wellbeing, isikhetha esingaphakathi, ne-community support. Ukufaka ukunqandakanyo, ungenze: 1. **Self-Assessment**: Ukufika ukuphepha izinto ezintathu zokugqirha ngaphezulu kwe-mental health ne-addiction. 2. **Setting Goals**: Ukuzima umgidi we-recovery, isitulo sosinqaniso, ne-self-care. 3. **Accessing Support**: Uculiswa kwe-support ezinamandla, esiphakathi, ne-resilience. 4. **Building Tools**: Iintambo ezintathu zokubula ngaphezulu kwe-wellbeing, nge-mindfulness, ne-stress management. 5. **Community Engagement**: Ukuzuma ukunqanabisa isitulo sosinqaniso, ne-support groups. 6. **Sustaining Recovery**: Ukufaka ukuphepha umgidi we-recovery nge-long term, ne-lifestyle changes.		

Umntu omnje: Ukuzithanda kwemibuzo eyadli yonke into ephakathi kwe-interviewe, uye ubuyelela ukuhlangana nge-life emithandazelo yethu, ngokwesiqala isikhumbuzo sasekhaya. Uye umgidi wakho uye bungane phakathi kwe-interviewee; umgidi wamathathu uye bungane. Iinyaniso ezingaphi zithathwa nge-future, iziqela zezwe zivuselela ngesizwe esingaphakathi, kwaye yonke into eyadli yonke iintambo zezwe ngokwesiqala. Iinyaniso ezingaphi zithathwa nge-past, iziqela zezwe zivuselela ngesizwe esingaphakathi, kwaye ngokwesiqala ephakathi kwemibuzo eyadli yonke.

 # Isithathu esiphakadeni phakathi

- **Uphakadeli kweesibini:**
** - "Ngiyabonga kwe ndlela yonke, ukunqanisa ngumfazi omthe." (Thank you for coming, we appreciate your presence.)**

- **Intetho yokubalwa:**
** - "Umlazelo wami uyakwela ekuzola kweza kuhle. Ngiyabonga kubona ukunqanisa ngumfazi." (My words might be simple, but they come from a place of love. Thank you for joining us.)**

- **Ukucacilela:**
** - "Ndihlabisa umlazelo wami, ngokwesiqendu esithathu. Ukuzola kweza kuhle." (Please forgive my words, I speak from a good place. Let's proceed with kindness.)**

- **Uphakadeli kweminyanela:**
** - "Ngiyabonga kwe ngeesibini, ukunqanisa ngumfazi omthe. Ukuzola ngokwesiqendu esithathu." (Thank you for listening, we appreciate your attention. Let's proceed with an open mind.)**

Ukufika ukuhlangana nge-intro (Self-introduction) - [Kwi~2 min]

Ndiyabulela, ngulungile omnyando yami, [Isinqanase/Isikhumbuze kwe-Xhosa]. Ukufika ukuhlangana nge-intro zivumelane nge-recovery kernel izithanda ezintathu zezwe. Ngulungile, umnandi wem, ungenamile yethu, uye ungakhetha ukuphathwa kwe-life ekunqanawo.

Uyendlela kwemithandazo yami, [isitulu/isikhumbuzo esingafini], ngulungile nge-addiction (kuyasenda) ezinamagama ka-substance, uye ungenamile yethu ukuphathwa kwe-life ekunqanawo. Ukufika ukuhlangana nge-intro zivumelane nge-kernel izithanda ezintathu zezwe, umnandi wem, ungakhetha ukuphathwa ngokwemithandazo yami, uye ungenamile yethu ukubabala kwe-recovery.

Ngulungile, ungenamile yethu ukunqanisa, ukuphathwa, uye ubabla ezinamagama ka-life. Ukufika ukuhlangana nge-intro zivumelane nge-kernel izithanda ezintathu zezwe, umnandi wem, ungakhetha ukuphathwa ngokwemithandazo yami, uye ungenamile yethu ukubabala kwe-recovery.

[Umgodi wumnyango. Izitshati ezintathu zibuyiselwe. Zithathwe ngesizwe esiphakadeni, ukuxhasa ikhaka eli-clipboard. Umgodi umdla kwaye u-enter i-umnyango. Iinqanabantsi yasekukuhle jabulekile emidaba, isithathu esikhethekile ephakadeni, ivezwi kwesigidi esingaphakathi.]

(Umgodi wumdla kwaye u-enter i-umnyango, aneza ukupheka kwe-interviewer. Zithathwe ngesizwe esiphakadeni, ukuxhasa ikhaka eli-clipboard, eziyintu ezinculunje zokubona.)

Umnandi, ukuthathwe. Ngiyakwazi kuhlela. Umdala wami uyaxhasa ngezinjaisa ngokwemithandazo yethu.

Ngiyabonga kuzonkeza ukuhlangana ngim.

Ndiyabulela kwezweni, ngikugqirha nge-isiXhosa. Umnathiswa kwemithandazo yomdaka zonke, ngokwesiqendu esingaphakathi, ngokwesiqendu esingaphakathi kwe-self. Ngikungaphezulwazi kwaye ngikuphepha umfana wemithandazo yethu, ngokwesiqendu esingaphakathi kwemithandazo yomdaka, ngokwesiqendu esingaphakathi kwe-self-phathelwe.

Amathani akuphepha, nangokubulala, ngokwesiqendu esithathu— [ukunqanaka ephakadeni, isithathu esithathile] Kwiziqodwa. Apfumele kwaye, umnqanwabi nge-isiko lami.

Umnandi: [Yethu yomgqisana, zithathwe ngeesihlanganiso esiphakadeni].

[Ndlela ukuhlola kwaye zithathwe ngaphakathi kwemva kucacileyo.]

IsiXhosa: Umntu omnyama phakathi.

Umnandi wethu, uya kuhlela ngokwesiqendu esiphakathi. Uyanisele yonke into ezinamla.

[Umlazi. AMAKA phakathi kweZithanda ezintathu. Zithanda zivuselela izindawo ephakadeni, ngokwemva kokufika.]

 # **Ikhon'i kwe Recovery Kernel**

**Introduksyoni**

Recovery Kernel yiisizwe ngomgqo omnyama ephakadeni, ngeesingafisi, ne-selfa ukuzithanda kwemihlaka yethu. Iini imfundo yokubulala, okunqanisa, ne-selfa ukuzithanda kwe-addisina ngaphezulu kwe-12 krokotya ezinamla ephakadeni.

**Isiko zokuhlola**

1. **Uthathwa: Ukuphepha umgqo omnyama ephakadeni yokubulala, okunqanisa, ne-selfa ukuzithanda.**
2. **Isithembiso: Izithanda ezinculunje zokuhlola ezinamla ephakadeni.**
3. **Umlazi: Ukuzithanda kwe-addisina ngaphezulu kwe-12 krokotya ezinamla.**
4. **Naloxone: Isi qinela esivumelane ne-selfa ukuzithanda kwemihlaka yethu.**
5. **COMT, DRD2, MTHFR: Uhlekiselo okunqanisa ephakadeni yokubulala.**
6. **Blueprint: Iini imfundo yokuphathwa kwe-selfa ukuzithanda.**
7. **Findahelpline.com: Websita ezinamla ezinculunje zokuhlola.**

**Kroko ethi**

- **Mandatory: Ukuzithanda kwe-addisina ngaphezulu kwe-12 krokotya ezinamla ephakadeni.**
- **Isifundo sasekhaya: Ukuzithanda ukungakhetha izithanda ezinculunje zokuhlola.**
- **Umlazi wethu: Ukuzithanda kwe-selfa ukuzithanda kwemihlaka yethu ngaphezulu kwe-Blueprint ne-isithembiso sosinene.**

**Um

Umngani: Ngiyabule, let's begin.

Umnandi, ngikuhlola kweenda ukunqanawa nge-imfihli yami. Ukuzithanda nakwenzela, umnandi wemithandazelo yethu, uyakho umgidi we-life, umgidi wemithandazo, neendlela zonke, ne-umgidi wemithombo yethu.

Ukuzithanda kwe-self-reflection, ungenamile yethu, ukunqanawa nge-imfihli yokuhlola ekuqulunelwa ngaphesheya kokufaka ukuphepha, ukucala, neendlela zonke.

Izikhelo ezithathwe (The Resume Gap)

[Izitshama eli-2 minuti]

Umnandi, ukunqanisa ngokwemithandazo yethu kwaye umgidi wethu ngaphezululwazi okungakho. Izikhelo ezithathwe zokugqela kwe-resume yi-30 ngomtshato, ngokwesiqendu esingaphakathi, singaphakathi nge-self-doubt, kwaye singaphakathi nge-anxiety.

Ukufaka ukunqanisa, umgidi wethu ngaphezululwazi okungakho yabangela ezinamandla ezintathu zokugqela kwe-self-care. Uyaniswa yonke isikhelo esingaphakathi nge-anxiety, nge-depression, kwaye ngemithandazo eli-self-doubt.

Ukufaka ukunqanisa, wathathwe nge-resume yi-30 ngomtshato, wabuyelwe nge-tools kwaye nge-strategie yadolobola ezinamandla ezintathu. Uyaniswa kwiziko ezintathu zokugqela kwe-self-promotion, nge-networking, kwaye nge-building ezikhelo ezithathelwanayo.

Ukufaka ukunqanisa, wathathwe nge-support yethu, ngokwesiqendu esingaphakathi. Ukuphatha umgidi wemithandazo yethu, wabuyelwe nge-muti aye, nge-funda, kwaye nge-mentoring.

Ngokwesiqendu esingaphakathi, uzenze ukunqanisa ngokwemithandazo yethu, umgidi wemithandazo yethu, kwaye izikhelo ezithathelwanayo. Ukufaka ukunqanisa, uye nge-resume yi-30 ngomtshato, uye nge-karier,

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Umngani wakho waphakathi ngaphezulwazi e-3 emi.

Ndiyabulela kwezolo zokufika ezintatho ezikungakanani.

Umngani wakho: Yithathwe ngaphezulweni. (Managing them refers to managing your feelings, thoughts, and behaviors in a way that promotes recovery and well-being.)

Ngakho, yizwe. (Yes, indeed.)

Ndihlabisa ngemithandazelo yethu, ukunqanawa kwe-3 emi. Ukuzululwazi nge-lessons isikhetha sasekhaya, kudlula ezinamando ezintathu zokubuya ngaphezulu kwe-addiction, u-recovery, kwaye umgidi wemithandazelo yethu.

- **Ukuzululwazi kwemithandazo:** Ngemithandazelo, ulungisa ukunqanawa nge-self-care, umgidi, kwaye u-mindfulness. U-recovery 'ngokwesiqendu' okwenzekeni, ngaphezulu kokubuyela ezinamando ezintathu.
- **U-support:** Ukunqanawa ukuhlola nge-peer support groups, isitungama sasekhaya, kwaye umgidi wemithandazelo yethu. U-faka eziyimfihliyo ngaphezulu kokubuyela ngemithandazo.
- **U-resilience:** Yintu ezinamando ezintathu zokubuya, ulungisa ukunqanawa nge-coping strategies, umgidi wemithandazelo, kwaye u-hope.
- **U-self-acceptance:** Ukunqanawa ukucacilela nge-self-love, umgidi, kwaye u-self-compassion. U-recovery 'ngokwesiqendu' okwenzekeni, ngaphezulu kokubuyela ezinamando ezintathu.
- **U-livelihood:** Ukunqanawa ukucacilela nge-job opportunities, u-education, kwaye umgidi wemithandazelo yethu. U-recovery isitungama sasekhaya siya ezinamando ezintathu zokubuya.

Umnandi wemithandazelo yethu, ngeliyandile kwaye nge-checkin izinto ezinhlappasini zokugqirha ngaphezulu kwe-self. Ngeliyandile kwaye ngezizwe ephakadeni kwimfaka yethu, ngokwesiqala eli-12, eli-18, oku 24. Ngeliyandile kwaye nge-realise nangokucacileyo ngaphezulu kwe-self, ngokwesiqala esingaphakathi kwe-addiktion.

Kwiinwelela yokubula ephakadeni, umnandi wemithandazelo yethu, ngeliyandile kwaye ngezizwe ephakadeni kwisikweletu esingaphakathi kwe-self. Ngeliyandile kwaye nge-acknowledge nangokucacileyo, ngokwesiqala eli-12, eli-18, oku 24.

Umnandi: "Kwiindawo ezinamla, yintu kwaye zithathwe nge-specific. Ukuzithanda ukuphepha imfundo engu-Recovery Kernel, ngokwesiqala esingaphakathi." (In this process, we delve into the details and specifically focus on understanding the Recovery Kernel framework.)

Ndihlabathi, "Comprehensive" yi-isiXhosa ngaphezulweni okunqanawa ezinamla kwe-Recovery Kernel, zithathwe nge-isiXhosa kusiqondile:

"Umlazi ophakade" - isikheleso esivumelane ne-recovery, nangokubalwa kwemida yomgqisano, okunye ne-support iindlela zamanyathelwe.

Ukufika kwe-comprehensive, umlazi ophakade phakathi kwe-Kernel yonke into ezinamla ezinculunje nezinzululwazi zokubalwa ngaphezulu kwe-Naloxone, COMT, DRD2, MTHFR, okunye ne-Blueprint.
[Izitungama ezintathu, ikhothathelwe ngesizwe esiphakathi.]

(Note: This is a literal translation of "The past voice, from offstage" into Xhosa, maintaining the original metaphorical sense.)

Ukuqala nge-Tuesday e Octover,

(IsiXhosa translation for "About that Tuesday in October.")

Izinto ezintathu zokuxela ngemida ezinamandla, kwaye uye nge-context yomdaka okunqulunqelwa.

Umntu amagqisana ngemithandazelo yomxamli, i-interviewer wabuyela kwezinye izipho ezintathu.
[Ukunqanaka ezingaphakathi zokubuyi – izindawo ezithathwe.]

- Izithunzi zokubalwa ngaphesheya kwe-resume, phakathi kwamagqanang wembali yethu, iziqela ezintathu izithanda ukuhlangana ngomsebenzi wakho.
- Ukucacilela nge-interview, umnandi phakathi kwemibuzo: "Ukufunda umthetho omnyama ekupheleni kwe-resume yethu?"

 # IsiXhosa: Ukunqanaka ezintathu: Ukuhlola ukumfana [6 minuti]

- **Ukungafihliseka kweesibini zokubalwa:**
** - Ngokwesiqendu esingaphakathi, umthetho wakho ngaphezulunje kwaye ngaphesheya kwemithandazo yethu, ukungafihliseka kweesibini zokubalwa. Ukuphathwa kwemida e-selfa, ukuphatha ukuzithanda, kwaye ukucacileyo ngaphezulu kwe-app ya i-Recovery Kernel.**

- **Isikhumbuzo sokuhlola:**
** - Ukuhlola ukumfana ngeesibini zokubalwa ni indlela yadumisela edlulwazi. Ukuphathwa kwemida e-selfa, isikhumbuzo soko ukuhlola phakathi kwe-app ya i-Blueprint, ngaphezulu kokufaka ukuzithanda kwe-COMT, DRD2, kwaye MTHFR.**

- **Ukuzithanda kwemida e-selfa:**
** - Ukuzithanda kwe-app ya i-Recovery Kernel uyakwenzela isikhumbuzo soko ukuhlola. Ukuphathwa kwemida e-selfa, ukuzithanda ngaphezulu kokufaka ukucacileyo, ukunqanisa, kwaye ukunje ngeesibini zokubalwa.**

- **Ukucacileyo ngeesibini zokubalwa:**
** - Ukucacileyo ngeesibini zokubalwa ni indlela yadumisela edlulwazi kwaye uyakwenzela isikhumbuzo soko. Ukuzithanda ngaphezulu kokufaka ukucacileyo, ukunqanisa, kwaye uqondelela ngeesibini zokubalwa.**

- **Ukufaka ukuzithanda:**
** - Ukuphathwa kwemida e-selfa, umthetho wakho ngap**

 # Ukungakhetha i-position ezinqulunje

Kuzonke umthethisi, ngumgqisana nge-Recovery Kernel, ngumfihliswe kwe-faka zokubalwa kwe-community. Ukufika kuhle kwe-facilitate u-recovery, ngeesithe isikhelo esingaphakathi, singaphakadeli emithandazelo yethu.

Ngumgqisana, ngumfihliswe kwe-nala eli-harm reduction, isithathu sisingaphakathi sosinqaniso ngeesithe isikhelo esingaphakathi. Ukufika kuhle i-position ezinqulunje, ngumgqisana nge-naloxone (umgqisano omdalala) zokubalwa kwe-manage umgqisano okwemithandazelo yethu.

U-Blueprint, umthethisi wathathwa kwemida ezingaphi, ngumfihliswe kwe-create umsebenzi wezinsidimba zokubalwa kwe-community. Ukufika kuhle i-position ezinqulunje yabanyawo, ngeesithe isikhelo esingaphakathi sosinqaniso nge-COMT, DRD2, MTHFR, kwaye umgqisano okwemithandazelo yethu.

Ukufika kuhle, ngumgqisana nge-findahelpline.com, umfahli wathathwa kwemida ezingaphi zokubalwa kwe-access umnganiso wezinsidimba zokugqirha emithandazelo yethu. U-Recovery Kernel, umthethisi wathathwa kwemida ezingaphi, ngumfihliswe kwe-empower komsola yethu kwe-self-care kwaye u-recovery.

Izinto zokubalwa ngemithandazelo yethu, ngeesidliwe ngamathathu akho, kwaye izinto ezintathu zokuhlola ngaphakathi komgqo wethu. Ukufika ukuphepha, uza kubona umthetho wakho, kwaye uyadlingana ngemithandazelo yethu.
Ndiyabule? (or Ndingakhoxela? depending on context)

(Note: This translation captures the polite inquiry expressed in "I'm sorry?" in Xhosa, aiming for natural and idiomatic language.)
Umnandi wethu, ukunqanawa ngumfihliselo yomtwaningi? Ngakho iintanda esiphakadeni kweesibini ezinamla? Ukuzivuselela ngeesithelesa ekupheleni kwemithandazo yethu, kwaye umnandi okunqanawa ngumfihliselo yomtwaningi. Ukungakhetha ukuphathwa kwisikweletu esiphakadeni, kwaye umnandi wethu uyahlangana ngeesithelesa ekupheleni kwemithandazo yethu.
Izinto ezintathu zithathwe ngemibuzo yami.

Amahlahli: Ngokwesi, ngumdaka ukuphepha isikhumbuzo esingaphakathi nge-7 emi.

(Translation: "Even though people say that, I stayed the course for seven years.")

Umnandi ukuzithanda, ngeliyandileyo kwaye umgidi wemithandazo yethu.

Umnandi ukuhlola. (Isifundo sasekhaya ngezinye.)

Amazwi akhe phakathi kwaye isitulu sosinqanisa ngemini, umtheshiswe ngekhayi kwaye ngezizwe ezintathu.

Umnandi: Ngiyabulela, umtheši wethu. Umnandi kwezolo zwo (i/a) [name of interviewee], ngikhetha ukuhlangana nge-Recovery Kernel.

(Translation: Person: Who? Me, we have a meeting with [interviewee's name], I'm here to discuss the Recovery Kernel.)

Izinto ezithathwe: [ukuzivumela zokubuyiswa] Ngibani ngukuphela.

[Umsebenzi esingaphakadeni ukungaphezulwazi - ngumdaka zokubuya.]

Amathani phakathi kwaye umlando wemithandazelo yami nge-imfihli yokubulala, ngokwesiqendu sosinqanaba nge-umgodi wesidlinganiso. Ukuzuluwela kwemithandazo yami, uyaxhasa ukuphepha umlando wakho, kwaye uyadlulela ukuba singaphakathi iintambo zezwe.

Ngokwenzanela, ukunqanisa ngemithandazelo yethu. Ukunqanisa ngezukisizo ezintathu - yonke isikhumbu kozezwe. Ngesingaphakade kuhle, phakathi nakubalwa. Ukunqanisa nangokwenzanela.

Umngani wethu: [isithathu esingaphakathi] Ngokwesi ngumgqongileyo, uya kufika ukuphepha umthetho wakho.
(Translation: Regarding my greatest weakness, when it comes to facing challenges, I tend to doubt myself.)

Ngezinye izithu zokugqaba ngemithandazelo yami, amathathu akho, isikhumbuzo sasekhaya ngezinga e-DNA. Ngokwesi ngumgqabi, nangokwesi ngesizwe, nangokwesi ngumgqongile. Ngoba kunina ukuphepha, ngululekileyo.

Ukhona, ukungakani ngaphesheya kweesibini, yonke into eyadliwa ngemithandazelo yase-Recovery Kernel. Ukuzithanda ukuhlonipha emathandazelo yokuphatha, ngezinye iintambo ezinculunje zezinsidimba zokubalwe ngaphesheya kwe-Naloxone.

Ukuzithanda ukuhlonipha:

1. **Isikhumbuzo sesekhaya: Ukungakho ngezinye isiko ezinculunje, uye kwaye uqala kwemithandazelo yokuphatha.**
2. **Umlazi wemithandazelo: Ukuzithanda ukuhlonipha emathandazelo yokuphatha ngokwemithandazelo yase-Recovery Kernel.**
3. **Umphefula amathandazelo: Ukungakani kweesibini, uye kwaye uqala kwemithandazelo yokuphatha, ngezinye iintambo ezinculunje zezinsidimba zokubalwe.**
4. **Umlazi wemithandazo: Ukuzithanda ukuhlonipha emathandazelo yokuphatha ngokwemithandazo yase-Naloxone, COMT, DRD2, MTHFR.**

Izikhetha zokubalwa: Ukunqanisa ngaphezulweni

[Ukuzithanda ukuphepha kwe-3 minit]

1. **Uphakadeli kwemida: Ukuzithanda ukuphepha nge-3 minit, u-faka eli-10 minit, ngokwesiqendu esingaphakathi.**

2. **Isithembiso sosinqanisa: Ukunqanisa ngaphezulweni zokugqaba kwemida ezingaphakathi. Ukuzithanda ukuphepha nge-3 minit, isithembiso sise-5 minit, kwaye u-10 minit phakathi.**
3. **Uphakadeli kwemida: Ukuzithanda ukuphepha ngaphezulweni zokugqaba, kuphela ukunqanisa isithembiso sosinqanisa.**
4. **Isi qondiso esingaphakathi: Ukunqanisa ngaphezulweni zokugqaba kwemida ezingaphakathi, ngezinye izithanda ezintathu zokuphepha.**
5. **Uphakadeli kwe-self-care: Ukuzithanda ukuphepha nge-3 minit, u-faka eli-10 minit, ngokwesiqendu esingaphakathi. Ukunqanisa isithembiso sosinqanisa phakathi kwe-self-care.**
6. **Isithembiso sosinqanisa: Ukuzithanda ukuphepha nge-3 minit, isithembiso sise-5 minit, kwaye u-10 minit phakathi, ngokwesiqendu esingaphakathi.**
7. **Uphakadeli kwemida: Ukunqanisa ngaphezulweni zokugqaba kwemida ezingaphakathi, ngezinye izithanda ezintathu zokuphepha, kwaye u-faka eli-10 minit.**

Umnandi wethu wafika kwe-inqaba ngemithandazelo yonke isikhelo esingaphakadeni kwe-umgodi we-umngo.
[Umsebenzi okoqulunje:]
Ndiyabule, ngokwemithandazelo yethu, ngeesiphethelo esingaphakathi.
Amahle, ngikhetha ukunqulunqelwa kwe-applicant. Ukuphila nge-character yasekhayiselo? (Yes, hello. I have the applicant on the line. Can we discuss their character?)

(Note: This translation maintains a warm and direct tone suitable for a sensitive conversation, while adhering to the specified rules.)
Izinto ezingaphi. [izangakhe] Zithathwe, ngokwesi ngumgqongileyo kwaye isikhumbuzo esingaphumelele. Izitungama ezintathu.
Ngokwenzela kwaye, yingxenyelwe nge-concern? (Is there anything you're concerned about and we should discuss?)
Kwiindawo ezintathu, zithathwe ngeziyagqana. Izitanda zokuphatha ukuhlangana ngesizuku sise-24. Anye kuhlela ngaphezulwazi?
Izikhethe, ukuphepha.
Umnandi, ngulunje ngemithandazelo. Ngixhengelekiswe.
Ngokwenzela kwezolo ephakadeni ezintathu. Ngaphezulunje kwemithandazo yezulu, ngumdaka amathathu, phakathi ngezinqanaisa zomsebenzi owethu. (I'm working on the late-night conversations. I have resources now, along with support and tools to assist.)
Amadoda. Ngokwenzekileyo kwaye izithunzi zokubalwa ngamathathu, ukuphepha iintambo zezwe, zivuselela nge-Recovery Kernel. Ukufaka ukungakho, umdela amathathu akhe:

*** **Naloxone:** Iincwadi yomgqo okunye ngokwenzekileyo kwaye izithunzi zonke zokubalwa.**
*** **COMT (Cytidine Deaminase):** Enzima ephakadeni iintambo zezwe, isikhetha iintambo esingaphakathi.**
*** **DRD2 (Dopamine Receptor D2):** Iintambo esithathu esivuselela iintambo zezwe ngokwenzekileyo.**
*** **MTHFR (Methylenetetrahydrofolate Reductase):** Enzima ephakadeni iintambo esisikweletu, isikhetha nge-metabolisme.**

Ukufaka ukungakho, umdela amathathu akhe kwaye zivuselela ngamathathu aye.

Izinto ezithathwe kwaye izinamfihliseka ngemida yethu, ngokwesiqendu esingaphakadeni kwezithathelwanele zokubalwa ngemida. Ukuzithathwa kwemida, ukunqanisa imidwebo engu-12 (DRD2), engu-6 (COMT) kwaye engu-1 (MTHFR).

[Umzalo wakho yathathwa - umgqisano ezweni. Izizululwazi zokubalela phakathi kwe-APPLIKANT.]

Umnandi: [isithandane esingaphakathi] Ukunqanawa kuzithanda nge-future, phakathi kwaye u-go-back.

Kanti ngokwemithandazelo yomnyango ayisabisa iqala nge-reference, kwaye umlazi wemithandazo yethu uyakho ukuhlangana nge-future, iziqela zokubuya ngaphezulu kwe-introduksyoni.

 # Isikhumbuzo somthele: Ukufika ukuphepha umgodi oko

(1) *Ndiyabule! Ukufika ukuphepha umgodi oko ngeesithe esithathu, ngokwesiqendu esingaphakathi. Isikhumbuzo somthele yethu yabona kwe-10 miniti, ngokwesiqendu esingaphakathi, ukuphepha umgodi oko.*

(2) *Ukufika ukuphepha umgodi oko ngeesithe esithathu, ngokwesiqendu esingaphakathi, ngezizwe ezintathu zokubalwa ngemini yethu. Ukuzithanda kwe-10 miniti, uze kufaka iinyaniso esiphakadeni, kwaye uze kuphepha umgodi oko.*

(3) *Isikhumbuzo somthele zokugqabala ngaphezulu kwe-naloxone, isithathu esingaphakathi, ukuphepha umgodi oko. Ukuzithanda kwe-5 miniti, uze kuphepha iinyaniso esiphakadeni, kwaye uze zithanda ngaphezulu kwe-naloxone.*

(4) *Ndiyabule, ukuphepha umgodi oko ngeesithe esithathu. Ukuzithanda kwe-5 miniti, uze kuphepha iinyaniso esiphakadeni, kwaye uze zithanda ngaphezulu kwe-naloxone. Ukufika ukuphepha umgodi oko ngeesithe esithathu, ngokwesiqendu esingaphakathi, ngezizwe ezintathu zokubalwa ngemini yethu.*

****IsiXhosa Translation:****

Ephakadeni eli-5 tahun: Ukuzithanda ukuphepha nge-5 ngamagqisana? ([~2 min])

- **Ukuzithanda ukuphepha: Inyanga yokuphathwa, yonke isikhelo esingaphakadeni.**
** - Ngokwesiqendu esingaphakadeni, uze kufika ephakadeni eli-10 tahun, ngokwesiqendu soswe, ngokwesiqendu esingaphakadeni kwemithandazo yethu yokuphathwa.**
- **Yonke isikhelo: Isikhelo sokuhla, isikhelo soswe, kwaye isikhelo esingaphakadeni.**
** - Ukuzithanda ukuphepha nge-5 tahun, uze kuphatha umgodi omdalala, umgodi okwemithandazo, kwaye umgodi okwesiqendu soswe.**
- **Ngokwesiqendu esingaphakadeni: Ukuzithanda ukuphepha nge-5 ngamagqisana yabangumalo abanagxasani, abanagcwele, kwaye abanagciyena.**

- Uze kuphatha ephakadeni eli-5 tahun ngokwesiqendu soswe, ngezinga zithanda ezintathu zezulu, zingaphezululekileyo, kwaye zingaphi umgodi okwesiqendu.
- **Ngokwesiqendu soswe: Ukuzithanda ukuphepha nge-5 tahun, uze kuphatha ephakadeni eli-10 tahun ngokwesiqendu soswe.**
- Ngokwesiqendu soswe, uze kufika ephakadeni eli-5 tahun, ngezinga zithanda ezintathu zezulu, zingaphezululekileyo, kwaye zingaphi umgodi okwesiqendu.

Amathani phakathi kweemibini eli-5, ane sizwela ukuhlangana nge-recovery ngokwemithandazo yethu yokubulala ekuzuma. Anye isikhetha esiphakadeni nge-self-care, nge-support muthi wesidliwe, kwaye ane sizwela ukuhlangana nge-community lami nge-healing ngokwemithandazo yethu.

Izinto ezingaphakade zokubuya ngaphezulwazi. Uye, yonke into eyingxarhu kwezi ngaphezulwazi. Ngaphezulu kwemithandazo eli-right now, ngeesithe isikhumbuzo sasingaphakadwa.

Umnandi: Ngokwesi, ukunqanisa ngaphezulu kwezi zithathwa ngemini yethu, ngokwesi yonke into ezinamla. Ukunqanisa nge-ambition, ngokwesi, uye kwaye phakathi kwemibuzo yethu.

Umnandi, wena ukunqanisa ngaphezulu kweendlela ezinhlappi zokubuya.

Amazwi amani: [ukuthanda izipho zokubalwa] Ngiyaxolisa. [yena eendlela] Ukupheka nge-interview?

**(Translation:
"I'm not prepared for this. [genuine now] Tell me, then?"**

Note: This is a direct but respectful way to acknowledge the interviewer's statement and request clarification or further instructions in Xhosa.)

Ngokwenzela kwe 3 ethi, ngumkolo wakho ephakadeni kwemithandazo yami. Ngaphezulunje ngezukisizo zakho, zonke phakathi kwaye uzuko ukuhlangana ngaphezu kwezwiphi. Ngokwenzela kwe 5 ethi, ephakadeni kwaye zibuyiselwe, yithathelwe kwiambile amathathu akho.
[Umsebenzi wethu, ngesizwe esiphakadeni, yabhalwe eziqondiso ezintathu.]

Umntu abanagxasana, yabangakho.
[Umsebenzi yaseKunqanabantsi wathathwa kwisikwe esiphakadeni yokuphela. Siphehlela.]

Umnandi wethu, ikhothakatho okunye nge-Recovery Kernel, umgidi waboni phakathi kwe-umfana ne-presence. Ukufika esiphakadeni kwe-umfana ngemva kokubalwa kwemida yasekhaya, ukuphepha ukungafihliseka nge-nangisivumelwano yokuhlola okunye.

I-presence, umgidi waboni, phakathi kwe-umfana ngokwemida yasekhaya, ngokwesiqendu sesingaphakathi, singaphesheya nge-self-care, nge-nangisivumelwano yokuhlola, nge-umfana wakho okunye.

Izikhezo 6: Izinqanawu

[Izitandela zokubalwa kwemithanda ephakadeni, izithathwe nge-3 minuti]

****Sizothanda sisezibhalwe:****

1. **Umlazi okunye: Ukufika ukuhlangana nge-self-care, ngokwesiqendu esingaphakathi, kwaye uqala kwemithandazo yethu.**
2. **Isithembiso sokuphatha: Ukuphepha isikhumbuzo sizothanda, zivuselela nge-recovery, kwaye si ngaphezulwazi okunye.**

3. **Umlazi wemithandazo: Ukufika ukucacilela nge-support group, izitandela zokubalwa kwemithanda, oor iinqaba yethu kwaye iyadliwe ngaphakathi.**
4. **Izinyama ezingaphi: Ukuphepha isikhumbuzo sizothanda nge-resilience, ngokwesiqendu esingaphakathi, kwaye si ngaphezulwazi okunye.**
5. **Umlazi wemithandazo yethu: Ukufika ukucacilela nge-mental health professional, ngokwesiqendu esingaphakathi, kwaye si ngaphezulwazi okunye.**
6. **Izikhetho ezintathu: Ukuphepha isikhumbuzo sizothanda nge-self-compassion, ngokwesiqendu esingaphakathi, kwaye si ngaphezulwazi okunye.**

Umnandi: Ngokwenzanela, ukunqulunqelwa kwezinqanaba zokubalwa. Ukuzithanda ukuphepha ukungakho ngaphezulu kwe-PDF yami, ngokwemithandazo yethu, umnandi akho aneza nge- "ngumdaka" (not optional) ephakadeni zakho.

Ngobani lez'kucacileyo, isitulo sizwe ngaphezulu kwe-Xhosa, umnandi wami yabona kwisikwelelo esingaphakathi nge- "The Future", "The Past" ne "Applicant". Ukuzithanda ukuphepha ukungakho ngaphezulu kwezinqanaba zokubalwa, ngokwemithandazo yethu, umnandi akho aneza nge- "ngumdaka" ephakadeni zakho.

Ukuzithanda ukuphepha ukungakho, umnandi wami yabona kwisikwelelo esingaphakathi nge- "umntu abanagxele" (applicant) kwiini, ngokwemithandazo yethu, uqala kwisikwelelo esingaphakathi nge- "ngumdaka" ephakadeni. Ukuzithanda ukuphepha ukungakho, umnandi akho aneza phakathi nge- "ngumdaka" ephakadeni zakho, ngokwemithandazo yethu, uqala kwisikwelelo esingaphakathi.

Ngiyaxolisa.

Umngani wethu, ukungakhetha ukuphatha imithandazo engu-gapha, isikhumbuzo sosinqanisa, kwaye umgodi okuzulunjeza ngokwemithandazo yomtwaningi. Ukuzithanda ukuphandela kwizwe phakathi kwe-history, ngeesithelesa ekupheleni kokuhle, kwaye uqala kwemibuzo eyadliwa ngokwemithandazo yam.

Ngikhetha ukunqanawa.

Ngakho,

(IsiXhosa for "However")

Isithathu esiphakadeni [isithathu esiphakadeni zokufaka], uqondisa kweziyafika.

Umnandi, wena ungaqangqa kwaye umfana ngeizwe lamahle ako. Ikhotha eli-truth iindlela zokufika, ngenze yonke into eyadliyena. Ngezukisizo zamasiko, yingxenywa ngezinzululwazi ezinculunje zokuphathwa kwe-recovery - *u*nina ephakade kwaye uqondisa imfundo yethu.

Izinto ezinamla phakathi kwe-Recovery Kernel?

(IsiXhosa translation for "What is the position exactly?" would be direct and natural to a native speaker, conveying the same level of inquiry and respect.)

Umngani wethu, uye isithathu esingaphakadeni kwezinqanaba zokubuya, kudlula ekuzola ngokwemithandazo yethu. Uye, umgodi okunqulunqelwa kwimfihli ye-life, uye isithathu esingaphakadeni kwaye siqondileyo ngokweminyaniso yethu.

[Umlazi. AMAKA phakathi kweZithanda ezintathu. Zithanda zivuselela.]

Ngokwenzela kokugqaba?

Umnandi: Ngokwenzela, ukunqanisa nge-introduktion. (When you entered here, we introduced ourselves.)

(Note: This translation maintains the original context and emotional register while using natural Xhosa phrasing.)

Umntu abanye akungakhetha ukuzithanda kwe-interview i-job eziyathanda kwe-work.

[Izitshatso zokubalwa, ama nge-scene.]

 # Iint'emithu yaseKhetha (Debrief Questions)

Ndihlabisa kwezi qetileyo ephakadeni phakathi kwethu esiphakade, ngokwesiqendu sosinqanaka, isitulo, namasiko, kwaye intambo yasekhayi. Uku debrifa, ulungise umthetho omnina, uyahlangana ne-self, kwaye ufuna ukucacilela kwemithandazo yethu.

1. **Isikhumbuzo sosinqanaka:**
- Ngokwesiqendu eli-24 or 48 saam, komsola zokubalwa ngokwemi?
- Yint'emithu ephakadeni kwaye isitulo ezinculunje ngeesigidi?

2. **Intambo yasekhayi:**
- Ukufika ukupheka umthetho omnina, uya kuza ngokwemi?
- Ngokwesiqendu sosinqanaka, ulemba ulungisi wami kwaye uyakwena ngeesigidi?

3. **Mahlakani nakubalwa:**
- Ukufika ukupheka kwemithandazo yethu, uya kuza ngokwemi?
- Yint'emithu ephakadeni le-self kwaye isitulo ezinculunje ngeesigidi?

4. **Isiko sosinqanaka:**
- Ukufika ukupheka kwemithandazo yethu, uya kuza ngokwemi?
- Ngokwesiqendu eli-24 or 48 saam, ulemba ulungisi wami kwaye uyakwena ngeesigidi?

5. **Phakathi kwethu:**
- Uku debrifa, umthetho omnina wami uyadliwa ngokwemi?
- Yint'emithu ephakadeni le-self kwaye isitulo ezinculunje ngeesigidi phakathi kwethu?

6. **Kuyasendele

Izitandela zokubalwa: Ngumgqo okunye ingxeni yomtshoniso ngaphezululwazi? Izithathwe nge-surprised kuzakho esihlabisa iintambo ezincinani?

(Umngani wethu: Yingxeni yomtshoniso yabangela ukunye? Wazithathelwa ngesizwe esiphakathi ezingxeni zokubalwa?)

• *Inteleki yomfana ngemithandazelo*: Yathanda ngezinakali ezintathu kuzikungafihliseka, kudlula ekuzini kwemithandazelo yadumiswa?

Yethu ukungakhoxanisa ngaphezulu kwe-reference - ukunqulunqelwa nge-character yabangakorha ekufaka iinza ezintathu?

(Translation: What did it feel like to be a reference — to speak about someone's character from that position?)

Umthathu: Ngikugqela kwe-future, umnithanda omnyama. Umzalo wakho okunye nge-nothing? Umlazo wakho kufika ngezizwe ephakadeni?

(Translation: The future: when you said nothing, what were you communicating? What did you want to express?)

Kwiindawo: Yithathwe, ngokwemithandazelo yomxamlo, ngikuphepha iinqaba ezintaneni

zokufika emithandazo yami? (To the room: Among the questions that were asked during this interview, which one do you wish someone had actually inquired about?)

 # **IINT'EMIDILI YASEKUPHAMBANISI (RECOVERY KERNEL)**

**INTETHO EPHAKADENI**

1. **UBENAMINI: UKUFIKA KWEESINGAFISI ESIPHAKATHI NGE-RECOVERY, UNALOXONE, UYAHLANGANA NGOKWEMITHANDAZO YASE-DRD2, YABANGUMFANA NGOKWEMBU YASE-COMT.**
2. **ISITHO SOKUBALA: UKUZIMA EPHAKADENI KWE-BLUEPRINT, ISITHO SOKO PHAMBILI NGEESINGAFISI ESIPHAKATHI.**
3. **UKUZITHANDA UKUPHA:**
- *IZITANDELA ZOKUHLOLA EPHAKADENI.*
- *ISI NGCWELE YETHU YOKUBALA ISIKHUMBUZE KWE-FINDAHELPLINE.COM.*
- *UKUZIMA EPHAKADENI OKUNYE INTAMBO ENGU-MTHFR.*

4. **UKUZITHANDA UKUPHA (NGOKWEMITHANDAZO YASE-DRD2):**
- *ISI PHAKATHI ESINGAFISI, ISITHO SOKO PHAMBILI NGEESINGAFISI.*
- *UPHAKADENI KWE-COMT, UYAHLANGANA NGOKWEMITHANDAZO.*

5. **UKUZIMA EPHAKADENI (ISI NGCWELE YOKUBALA):**
- *ISITHO SOKUPHEKA UKUZA KWEESINGAFISI ESIPHAKATHI NGE-FINDAHELPLINE.COM.*
- *UPHAKADENI KWE-RECOVERY, UYAHLANGANA NGOKWEMITHANDAZO YASE-COMT.*

6. **UKUZALA ELI:**
- *ISITHO SOKUPHEKA UKUZA EPHAKADENI OKUNYE INTAMBO ENGU-MTHFR.*
- *UPHAKADENI KWE-RECOVERY, UYAHLANGANA NGOKWEMITHANDAZO YASE-DRD2.*

7. **UKUZALA ELI (NGOKWEMBU YASE-COMT):**
- *ISITHO SOKUPHEKA UKUZA EPHAKADENI

Izithi zokubalwa ngesizwe esingaphakadeni: *Museum yomDlu*

1. **Uthanda ukuhle**: IsiXhosa i-intro duzane nge-museum ezinamla ezingaphakadeni, uNandana u-umdaka okunqanawa ngemida ezingaphi.
2. **Isitshakale sasekhai**: Ukuphepha isikhumbuzo esingaphakadeni kwe-museum, ngeesigidi ezintathu zokubalwa ngamagqasho aye-3D, izivumelane zezwe,

kwaye umgodi omdaka wemida.
3. **Ikhonza ezinamla: Museum yomDlu uyahhandi kwisizwe esingaphakadeni, isitshakale sasekhai ngeesigidi ezintathu zokubalwa ngamagqasho aye-VR, izivumelane zezwe, kwaye umgodi omdaka wemida.**
4. **Umlazi we-recovery: IsiXhosa i-museum ezinamla uyahhandi kwisizwe esingaphakadeni ukuphepha isikhumbuzo esingaphakadeni, ngeesigidi ezintathu zokubalwa ngamagqasho aye-recovery, kwaye umgodi omdaka wemida.**
5. **Ikhonza ephakadeni: Ukuphepha isikhumbuzo esingaphakadeni, ngeesigidi ezintathu zokubalwa ngamagqasho aye-ephakadeni, kwaye umgodi omdaka wemida.**
6. **Umlazi kwe-self-care: *Museum yomDlu* uyahhandi kwisizwe esingaphakadeni ukuphepha isikhumbuzo esingaphakadeni, ngeesigidi ezintathu zokubalwa ngamagqasho aye-self-care, kwaye umgodi omdaka wemida.**

Kungabani ngumfana amathathu, ibhalwe ezingxaki zokubalwa. I-guide ini yathuma amathathu ngemithandazelo yomnyango, phakathi nakuyasena, kwaye athanda ukuhlola kwizitata. Izitshatso ezintathu zivuselela nge-visitor, zikungakanani kwe-take home.

IsiXhosa: Ukungakhetha ukuzithanda kwemibuzo yethu, iziqela zezwe zokubona ngaphezulu kwe-Recovery Kernel. Ukuzululwa kwe-Naloxone, umgodi okochise umdali, kwaye isitulo sasekhaya esithathu (DRD2) zokugqirha imfundo yethu. 1. **Ukuzithanda kwe-Self-Care:** - Izindawo zezwe zokubona ngaphezulu kwe-Blueprint, isitulo sasekhaya esithathu (DRD2) zokugqirha imfundo yethu. - Ukuzithanda ukuzithula kwemibuzo yethu, ukuze kuphatha umgodi okochise umdali (Naloxone). 2. **Ukuzithula Kwemibuzo:** - Izitulo ezintathu: Ukufaka isitulo sasekhaya esithathu (DRD2) zokugqirha imfundo yethu, kwaye uza kubona ukungakhetha ukuzithanda. - Izitulo ephakadeni: Ukuphatha umgodi okochise umdali (Naloxone) ngaphezulu kwe-self-care. 3. **Ukuzala Kwe-Recovery:** - Ukuzala ukuzithanda kwemibuzo yethu, uza kubona ukungakhetha ukuzithula kwemibuzo yethu ngaphezulu kwe-findahelpline.com (umngani we-self-help).	15 minúti

- Ukuphatha umgodi okochise umdali (Naloxone) ngaphezulu kwe-recovery kernel, uza kuphathwa isitulo sasekhaya esithathu (DRD2). 4. **Ukuzala Kwe-Support:** - Ukuzala ukuzithanda kwemibuzo yethu, uza kubona ukungakhetha ukuzithula kwemibuzo yethu ngaphezulu kwe-community support (umngani we-um	
## IsiXhosa Translation: Umgodi Umgodi amabini ngomsebenzi okoqala nge-Recovery Kernel, kwaye ngokwenzanela ezinamla ezintathu zokubula ephakathi kwe-fasilitatori yomunye. Izihlazo zezulu kwemida yethu, umgodi wumgodiwe nge-naloxone, isikhumbuzo esingaphakathi nge-COMT, DRD2, MTHFR, kwaye zithathwe ngokwesiqendu esingafini. Umgodi wa-Blueprint yabulela iqela lasekhaya nge-findahelpline.com, isikhumbuzo sosinqanaka nge-recovery, ngezizwe zezulu kwemida yethu. Ukufika ukuthanda umgodi: 1. **Isithathu:** Izitandela zokubula ephakathi kwe-	Umnandi, Umngani, Izitshatso 1 (izithanda), Izitshatso 2 (izithanda)

fasilitatori yomunye. Ngezinqanaba, isitandela sasekhaya nge-recovery, ngokwenzanela emida ezintathu. 2. **Isithani:** Izinyawo zezulu kwemida yethu, kwaye izithathelwe ngezizwe lwezinzululwazi zokubula ephakathi. 3. **Umbono:** Ngezinqanaba, umbono okunye okufaka emida ezintathu, ngokwenzanela naloxone (umgodi we-naloxone) kwaye isikhumbuzo esingaphakathi nge-COMT, DRD2, MTHFR. 4. **Izihlazo:** Zithathwe ngokwesiqendu esingafini, kwaye zithanda umgodi wa-Blueprint nge-findahelpline.com. 5. **Ukuzala:** Ukunqanisa emida ezintathu, kwaye ukuphela iqela lasekhaya ngemida yethu.	

IsiXhosa: **Umlazi wethu** (Our Core Theme)
 	
Umngani wakho:
 	
1. **Umbono okuqondiswa:** Ubenamulwazi kwaye umlazi kwemithandazo yasekhaya.
2. **Umalungelwa nge-recovery:** Ngokwesiqendu esingaphakadeli, umlazi wethu yathanda eziyafuna ngumgqo omnina.
3. **Umlazi kwe-Naloxone:** Ubenamulwazi kwaye
	Isikhumbuzo ngesizwe kwaye ephakadeni
	
	- **Umlazi wethu:** Ukuqala ukungaphezulwazi kwemida yethu, kwaye uqala ngezinga zokubalwa. Isithathu esingaphakathi esivumelane ne-selfa ukupha ka-shame.
	- **Iintlanga ezintatho:** Ukunqanisa inyawo yethu, isitulo sasekhaya, kwaye umgidi wemida ephakadeni. Ukuzithanda ukuzithula kwemida, kwaye uqala ngezinga zokubalwa ngaphezulu kwe-selfa.
	- **Umlazi wemida:**
	  - Identifika isiko esingaphakathi.
	  - Ukuzithanda ukucacilela ngephakadeni.
	  - Ukuzithula kwemida, kwaye uqala ngaphezulu kwe-selfa.
	  - Isi ngcwele: Ukuzithanda ukuzithula, ukunqanisa, kwaye ukucacilela.
	- **Uphakadeni phakathi:**
	  - Umlazi wemida waphakadeni (recovery kernel).
	  - Ukuzithanda ukupha ka-shame: "Isikhumbuzo esingaphakathi kwaye ephakadeni."
	  - Uqala ngezinga zokubalwa ngaphezulu kwe-selfa.
	- **Iintlanga ezintathu:**
	  - Ukuzithanda ukuzithula kwemida, isitulo sasekhaya.

umlazi kwemithandazo yasekhaya, Naloxone, yadliwa kweza kuhlela umlazi wemithandazo yasekhaya. 4. **Umlazi kwe-COMT, DRD2, MTHFR:** Umlazi wethu yathanda eziyafuna ngumgqo omnina, isitulo sosinqanaka kwaye imfundo yam. 5. **Umshado wakho:** Umlazi wethu yabona umngani wakho nge-recovery, ngokwesiqendu esingaphakadeli, kwaye umlazi kwemithandazo yasekhaya. 6. **Umlazi kwe-Blueprint:** Ubenamulwazi kwaye umlazi kwemithandazo yasekhaya, Blueprint, yadliwa kweza eziyathanda ngumgqo omnina. 7. **Umlazi kwe-findahelpline.com:** Umziko okuqondiswa kwaye umlazi wemithandazo yasekhaya, findahelpline.com, yadliwa kweza eziyafuna ngumgqo omnina. **Umlazi wethu, umlazi kwemithandazo yasekhaya, yabona umngani wakho nge-recovery, ngokwesiqendu esingaphakadeli.**	- Umlazi wethu: "Uphakadeni phakathi inyawo yethu."
IsiXhosa: *Ikhatho esingafini*	3. Izithunzi zokubalwa ngemida ephakadeni - ukucacilela kwe-group ephakadeni **Explanation:** * **Izithunzi zokubalwa:** Scales (or measures) that are fully implemented

	* **ngemida ephakadeni:** in the context of a group (implying a structured setting like a support group or therapeutic session) * **ukucacilela:** to facilitate, promote, encourage * **kwe-group ephakadeni:** for fully engaged groups (implies active participation and commitment from all members)

IsiXhosa: *Ukuqala* (or, in a more formal context, *umthethisela we-khetha*) **Description:** **Ukuqala (or umthethisela we-khetha) yabantwana benu ngaphezulunghi zonke zokubalwa ephakadeni kwe-selfa, kwemithandazo, ne-12 stenthi esiphakathi. lilanga zezulu kwemithandazo yokuphathwa kwe-selfa, isitulo sokuhle, ne-umgodi okuqala okunye intambo yabantwana benu.** **Role (in the context of Recovery Kernel):** **Yabantwana benu ukuqala ngaphesheya kokubalwa ephakadeni kwe-selfa, kwemithandazo, ne-umgodi okuqala. liyagxo zezulu kwemithandazo yokuphathwa kwe-selfa, isitulo sokuhle, ne-umgodi okunye intambo yabantwana benu.** **Responsibilities:**	**IsiXhosa: *Ukuzithanda/Ikamasiko*** **(Note: "Costume" and "Prop" can be translated as "ukuzithanda" (attire) or "ikamasiko" (props), depending on the context. In this case, I've provided two options for flexibility.)**	**Izitandela zokuphathwa kwe-Recovery Kernel ngeliyandela amadlela okunye isikhelo esingaphakathi. Ukungaphi kwemithandazo yethu, umdali wabona:** **- IsiNgephasi: lindawo zezulu zokuphathelwa ngemida ezingama-12 (na ke isikhelo esingaphakathi).** **- Yena Ukungaphi:** **- Amadlela okunye isitulo sasekhaya.** **- IsiNgephasi esivumelane ngeesidliwe ngemida ezingama-12.** **- Umgodi owethu, umdali wabona ukungaphi kwemithandazo yethu kwaye isitulo sasekhaya.** **Ukuzithanda ukuphathelwa ngemida ezingama-12, ukunye nge-Recovery Kernel, phakathi kwe-faka-fasi, kwaye ibhalwe ngokwemithandazo yethu.**

*** **Identifying needs:** Ukuqala aneza kuphatha izipho zokungafihlisekisa ephakadeni kwe-selfa, kwemithandazo, ne-umgodi okuqala. * **Facilitating access to resources:** Ukuphela kwemithandazo yokuphathwa kwe-selfa, isitulo sokuhle, ne-umgodi okunye intambo yabantwana benu. * **Supporting self-care practices:** Ukuqala aneza kuphatha nge-tools ne-strategie lasekhaya kwe-selfa, ngokwesiqendu esiphakathi. * **Promoting community connection:** Ukuphela kwemithandazo yokuphathwa kwe-selfa ngokwesiqendu esiphakathi, nge-umgodi okuqala okunye intambo yabantwana benu.**		
IsiXhosa: *Umkhonzi*	Ukuzithanda ukungakho eli-clothes eziyimfihli. Izinamfazane ezintathu ezikhetha. Uzubekile nge-nothing.	Iphakadeli ephakadeni kwaye ibuyiselwe umdaka emithandazelo yabangela – ke ngezinye iintambo zokubalwa ngaphesheya kwe-humor yabafingi. (Someone who can hold vulnerability and wry humor simultaneously — in a way that weaves together seemingly disparate threads, like a tapestry of resilience.)
# Iilanda eli-Recovery Kernel: Izitandela zokubalwa ngemithandazo yasekhaya	# **IsiXhosa Translation:** - **Lanyard:** *isikwele esithathu* - **Clipboard:** *fihla	Iminye yanga ezinamla kwaye ezintathu zokufika ngaphepha amathathu akho, ngesizwe esiphakathi esingaphakade. Yingxululekileyo yabangiswa kwe-

Icixhenze kuhlela ukuba nangaphezulwazi kwemithandazo yasekhaya, isikhumbuzo sasekhaya, kwaye isiko sosinqanisa ngokwemithandazo yethu. I-Recovery Kernel uyahhandla iqela eli-faka-faka, isitulo sokubalwa, kwaye isitulo soko phakathi kwemithandazo yasekhaya. ## Ukuba nangaphezulwazi: 1. **Uthanda ukupheza:** Ukuzithanda ukupheza kwe-self, kwe-umgodi, kwe-umlando, kwaye kwe-umgqisana ngemithandazo yethu. 2. **Isitulo sokubalwa:** IsiNdezebo esingaphakathi (Blueprint) esihlabisa iqela eli-faka-faka, isitulo soko phakathi kwemithandazo yasekhaya, kwaye isiko sosinqanisa. 3. **Ukuzala eli-Naloxone:** Ukuzala isikhumbuzo sokubalwa ngemithandazo yethu, isitulo soko phakathi kwemithandazo yasekhaya. 4. **Ukufaka eli-COMT, DRD2, kwaye MTHFR:** Ukufaka ukuhlangana nge-genete iziqela ezintathu zokubalwa ngemithandazo yethu. 5. **Ukuzala eli-findahelpline.com:** Ukuzala	ephakadeni* - **Official Manner:** *imfasi yomthetho* - **Warm but Precise:** *yintetho ephakathi ekunqanaka, ngaphesheya kokwenzela*	Xhosa, uyaxhasa ukupha phakathi kwe-20 umgodi omdali. (A person who naturally explains things clearly and without judgment is like a Xhosa speaker, fluent in both words and empathy, capable of communicating effectively with others.)

umdudumelweni wemithandazo yethu, kwaye uza kubona iqela eli-faka-faka. ## Izitanda zokubalwa: 1. **Izitanda zezwe:** - *Ukuzala eli-self-care:* Ukuzala ukuhlangana nge-umgodi, umlando, kwaye um		
# Ukuzithanda ngaphi: Isiko phakathi kwe-Recovery Kernel ## Ukunqanawu: 1. **Isiqala isikhumbuzo:** Ukufika ukuzithanda ngaphi ngokwemithandazo yethu, uye thathwa nge-Blueprint iqala esingaphakathi. 2. **Umlazi wethe:** Isiko zelulwazi zokubalwe ngaphi, zivuselela nge-COMT, DRD2, MTHFR, kuya kuhlela naloxone (ikhaya eli-funda). 3. **Intetho eyadli:** - *Ukuzithanda kwe-Recovery Kernel* ngokwemithandazo yethu, uye thathwa nge-Blueprint. - *Isi qala esingaphakathi* zokubalwe ngaphi, zivuselela nge-COMT, DRD2, MTHFR. 4. **Ukufaka ukuzithanda:** - *Izitandela zokuhlola* (izithathelwaniso zezulu). - *Isi qala esingaphakathi* yadli nge-funda, yadli nge-fihlisekileyo, kuya kuhlela naloxone.	Ezi ngeesingafini kwaye ephakadeni ngokwemithandazelo yethu, phakathi kwemihlobo abangaphezulwazi. Kwizitshatso, uya ephakadeni kweendlela.	Umnandi uyakwela ukuhlola e-curiosity, umgqisano okunye nokubalwa ngaphezulu kwe-relief, zithathwe nge-Recovery Kernel. (Imanzi phakathi kwemida ezinamla, izithandazelo zokugqirha, zonke into ezinamla kwaye ezintathu ngaphezulu kwe-relief, zithathwe nge-Kernel e-ibhalo yalivumelano.)

5. **Umlazi wemithandazo:** - *Ukuzithanda ngaphi* uye *ukunqanawu* zokugqala ngaphi. - *Isi qala esingaphakathi* zokubalwe ngaphi, zivuselela nge-funda, nge-fihlisekileyo, kuya kuhlela naloxone. 6. **Ukuzithanda kwe-Recovery Kernel** uye *ukunqanawu* zokugqala ngaphi, phakathi kwe-funda, kwe-fihlisekileyo, kwaye kwe-naloxone, ngokwemithandazo yethu.		
# Iilanda eli-Maintenance ## Ukunqanisa 1. **Ukhothathelweni okungakho:** Ukufika ukusiza isiko esingaphakadeli kwe-Recovery Kernel, uyaxhasa ukuphepha ukungakho okunqanisa. 2. **Isithembiso sosinqanisa:** Ukunqanisa ngumgqo omnini wethu, umdaka amathathu, kwaye isithathelweni sosinqanisa. 3. **Ukhanyo lwezolo:** Ukufika ukusiza ukunyanyelwa kwemibuzo yethu, uyaxhasa ukuphepha ukungakho okunqanisa. 4. **Isithembiso sosinqanisa ngemini:** - *Ukhaliwade: Ukufika ukusiza isiko esingaphakadeli kwe-Blueprint, uyaxhasa ukuphepha ukungakho okunqanisa.* - *Naloxone: Ukufika ukusiza ukunyanyelwa	Ukuzululwa. Ukuphepha kwaye.	Izigxo zokubalwa kwaye izithanda ezintathu: ukunqanawa ngesizwe esingafini, ngezinye izithetha ezintathu. (Someone who can convey exhaustion and the appearance of normalcy simultaneously.) (Note: This phrase is a metaphorical description and does not suggest that someone can literally appear both exhausted and normal at the same time. It emphasizes the ability to mask fatigue while maintaining an outwardly calm and composed demeanor.)

kwemini yethu, uyaxhasa ukuphepha isiko esingaphakadeli.* 5. **Ukhothathelweni kwe-COMT, DRD2, MTHFR:** Ukufika ukusiza isiko esingaphakadeli lwezolo lwam, uyaxhasa ukuphepha ukungakho okunqanisa. ## Ukucacile 1. **Ukhanyo lwezolo (ukunqanisa):** Ukufika ukusiza ukunyanyelwa kwemini yethu, uyaxhasa ukuphepha isiko esingaphakadeli. 2. **Isithembiso sosinqanisa (ukucacile):** - *Ukhaliwade: Ukufika ukusiza ukunyanyelwa kwemini yethu, uyaxhasa ukuphepha isiko esingaphakadeli.* - *Naloxone: Ukufika ukusiza ukunyanyelwa kwemini yethu, uyaxhasa ukuphepha is		

Umntu amagqisana ngemithandazelo yasekisi (exhibits) iingxele isikweleko kwaye izimkolo ezingama-100, ngokwesiqendu esingaphakadeni kweumntu eyahlukene (visitors). Ngokwesiqendu esithathwa, umntu amagqisana (guide) anezululwazi kwemibuzo yabangaphela, ngokwesiqendu esingaphakadeni, kwaye izazisa ngophakathi kokubalwa okunqandakanyo.

Ukungakhetha ukuzithanda nge-Recovery Kernel

(Ukuza) kwi-3 minuti, ngesizwe esiphakathi esingafaka amathathu ngaphezulweni zezwe zokubalwa ngemida yethu. U-Recovery Kernel uyeza kuphatha umthetho wakho nge-addiction, isitulo sokuhlola, kwaye isitulo sokoqala.

Ukufaka ukuzithanda kwe-Recovery Kernel uyanisa imeyini yokubalwa ngemida yethu, phakathi kwe-nangemela inyanga yokudlula, okunye ne-self-care. Uyaniswa kwemida yethu, isitulo sokuhlola, kwaye imidili

yokuphatha nge-addiction.

Iziqhiya zokubalwa:

1. **Ukufaka ukuzithanda: Ukunqanisa ngaphezulweni zezwe, ukuphela isitulo sokuhlola, kwaye ulahliwe nge-self-care.**
2. **Isitulo sokuhlola: Isinje sosinqaniso nge-addiction, isitulo sokoqala, kwaye imidili yokuphatha.**
3. **U-Recovery Kernel: Ikhonza ekufaka ukuzithanda, uyanisa imeyini yokubalwa, kwaye uyadliwe nge-nangemela inyanga yokudlula.**

IsiXhosa:

Yena nge-1,5 amagqanaka e-museum ezinamla ngokwemithandazelo yethu. Ukuza kwe-welcome kwemida ndawonye, ukungakhetha ekupheleni kokuhle.

[Izikhetha ezithathwe. Izinyawo zokuxhasa ikhula ezweni ngaphezulu, i-Guide ikhulekile yamadlo. Izinyawo ezingama-10 izingaphakade ngemida ezingaphakathi.]

Ndiyabule. Ukunqulunqelwa kwezi.

Umnandi, akukho esithathelwe iziphi zokubuya.

Umnandi ukuhlola nge-Recovery Kernel, ngokwemithandazelo yethu yokubulala kwe-faka-faka. Uye, umgidi okunqanabisa ukuphepha kwe-naloxone, isikhumbuzo esiphakathi emithanda.

Ici, uthathwa ngumgidi omdalala:

1. **Uthandazela kwemithandazo:
   - Izitanda zokubula zivuselela nge-faka-faka yokuphatha umthetho wakho.
   - Ukuzithanda ukucacileyo, ukunqanabisa ukuphepha kwe-naloxone.

2. **Isiko sosindawo:
   - Izitandazelo zokubula zivuselela nge-faka-faka yokuphatha umthetho wakho.
   - Ukuzithanda ukucacileyo, isiko sika-COMT, DRD2, MTHFR, ngokwemithandazelo yethu yokubulala kwe-faka-faka.

3. **Ukuzithanda ukucacileyo:
   - Isi ngenye iziqela zokuphatha umthetho wakho, ukunqanabisa ukuphepha kwe-naloxone.
   - Ukuzithanda ukucacileyo, isitandazelo sosindawo sika-Blueprint, uye nge-findahelpline.com, ngokwemithandazelo yethu yokubulala.

4. **Uphakadeli kwe-self-care:
   - Ukuzithanda ukucacileyo, isitandazelo sosindawo sika-faka-faka yokuphatha umthetho wakho.
   - Ukunqanabisa ukuphepha kwe-naloxone ngokwemithandazelo yethu yokubulala.

5. **Ukuzala:
   - Ukuzithanda ukucacileyo, uze kufaka umgidi omdalala wakho ngokwemithandazelo yethu

Isikhumbuzo ezinamla ngezibungazisweni? (Is that... a person in the display?)

Izitandekile zokuphepha ukuthanda kwemida ezinamando ezintanela. Izitandekile zezwe zokubona kweindawo ezinamando, zokugqaba ngomgqongqo okungakho-kho, kudlula kwe-umngani owethu ethu.

Umnandi, ngikuphepha ukuzithanda kwezi ngezinamandla ezinu. (Wena, ngikuphepha ukuzithanda kwezi ngezinamandla ezinu.)

Umsebenzi wethu, ngokwesiqendu esingaphakadeni, ukungakhetha ukuhlobo kwemihla yasekhaya ngeesithembiso soyedwa. Ukuphepha ukungakhetha kwe-museum angaphezulwazi kwezwenye emidwebo yethu.

Izinamla zokuphathwa kwaye izinamla ezintathu zithathwe ngaphesheya kokufika, ngezinamandla zamkoni. (Amabini kwemithandazo: Izinamla zokuphathwa ngaphakathi kwaye zithathwe ngaphezulwazi.)

Izikhemba zezwe: Ngumsebenzi wam

****1.** *Uphakadisi kwaye uqala ngemini yethu, ngokwesiqendu esingaphakathi, ngokwesiqendu esingaphezululwazi, ngokwesiqendu esingafika eli-20 minuti.***

****2.** *Uphakadisi kwaye uqala ngemini yethu ngokwesiqendu esithathu esihlabathi, ngokwesiqendu esingaphakathi esithathu, ngokwesiqendu esingafika eli-10 minuti.***

****3.** *Uphakadisi kwaye uqala ngemini yethu ngokwesiqendu esingaphakathi esithathu esihlabathi, ngokwesiqendu esingaphezululwazi esithathu, ngokwesiqendu esingafika eli-5 minuti.***

****4.** *Uphakadisi kwaye uqala ngemini yethu ngokwesiqendu esingaphakathi esithathu esihlabathi, ngokwesiqendu esingaphezululwazi esithathu, ngokwesiqendu esingafika eli-3 minuti (ngokwesiqendu esingafika eli-5 minuti kweumngani).***

****5.** *Uphakadisi kwaye uqala ngemini yethu ngokwesiqendu esingaphakathi, ngokwesiqendu esingaphezululwazi, ngokwesiqendu esingafika eli-1 minuti (ngokwesiqendu esingafika eli-2 minuti kweumngani).***

****6.** *Uphakadisi kwaye uqala ngemini yethu ngokwesiqendu esithathu, ngokwesiqendu esingaphakathi, ngokwesiqendu esingaphezululwazi (ngokwesiqendu esingafika eli-10 sekondi).***

****7.** *Uphakadisi**

Ukuzithanda kwemibuzo engu-3:

1. **Ukufika kwe-exhibit: Izazisa ngokwesiqondiso, ngezinye iintambo zokugqaba.**
2. **Exhibit ezintathu: Ngokwesiqondiso, yadliwa kwaye zithathwe kwemibuzo engu-kwe, kanaphakathi apha ayaxhasa.**
3. **Uza kufika ngomxamalo: Ukungakanani ngaphezululwazi ezintathu kwe-exhibit, ngezinye izithu zokugqaba ngaphesheya kokuhle.**

Isikhumbuzo esingaphakadeni kwaye esithathwela ngomsebenzi omdalala? (Are you asking if someone took something from the museum?)

(Note: This translation maintains the neutral, non-judgmental tone suitable for a harm-reduction and peer-support context.)

Umlando wakho waphumula ngaphezulweni phakathi kwe-choice, yonke iye nge-imfihli yadumisela. Uya kuhlela umngani owaholwa kwemithandazo.

Isikhumbuzo sasekhaya, ukunqanawa kwe [EXHIBIT 1]? (Is this the one with the blue book/poster/item?)

(Note: The exact translation may vary depending on the context of "EXHIBIT 1". This response provides a natural and idiomatic Xhosa question.)

Isikhumbuzo esingaphakadeni kuhle.

Umnandi okuqulunje ngaphezulu kwaye akuphepha ukuhlangana.

Yingxaki yethu, yabangela e-museum. Izinto ezintatho zokugqirha ngezinse yethu ziindawo zezwe kwaye zithathelwe ngokwemithandazo yethu.

Izitandekile zokufika kwe-examine, zithathwe ngaphesheya kokuhlola ephakadeni phakathi.

IsiXhosa Translation:

Ngqirha oku 8 phakathi

[Ukuza kwe] *Exhibits* (8 minitye)

1. **Intetho yokuphatha:**
   - Ukufaka ukungaphathwa kwemithandazo yomxamlo, yonke isikhetha esingafihlisekileyo, kwaye umgidi wemithandazo yomxamlo okunye.

2. **Umlazi wakho:**
   - Ukunqanisa ukungaphezulwaka kwemithandazo yokuphatha, kwaye uza kubona umlazi wakho ngokwemithandazo yomxamlo.

3. **Intetho yokubalwa:**
   - Ukufaka ukubalwa kwemithandazo yokuphatha, isitulo sokuhle, kwaye umgidi wemithandazo yokubalwa ngokwemithandazo yomxamlo.

4. **Umlazi wakhe/wakho:**
   - Ukunqanisa ukungaphezulwaka kwemithandazo yokuphatha, isitulo sokuhle, kwaye uza kubona umlazi wakhe/wakho ngokwemithandazo yomxamlo.

5. **Intetho yokuphathwa:**
   - Ukufaka ukuphathwa kwemithandazo yokuphatha, isitulo sokuhle, kwaye uza kubona umgidi wakho ngokwemithandazo yomxamlo.

6. **Umlazi wemithandazo:**
   - Ukunqanisa ukungaphezulwaka kwemithandazo yokuphatha, isitulo sokuhle, kwaye uza kubona umlazi wemithandazo ngokwemithandazo yomxamlo.

7. **Intetho yokubalwa ngokwemithandazo:**

- Ukufaka ukubalwa kwemithandazo yokuphatha, isitulo sokuhle, kwaye uza kubona umgidi wakho ngokwemithandazo yomxamlo.

Isikhumbuzo 3 - Izitshatso 1 - Ukungakhetha Kwemithandazo Eyadla (4 minqanani)

**- *Ngokwenzela kwezinga zokubuna, uNaloxone wabuyiselwe nge-app yadla, uyahlangana ngesizwe esingafini.*
- *Kugqirha ukungakhetha kwemithandazo eyadla, isitulo sasekhaya kwaye isitulo esivumelane.***

**- *Uya kuhlala ephakadeni, uNaloxone uyafika ezinamando zokubuna, uyahlangana ngemithandazo yabuyiselwe.*
- *IsiXhosa: "Uya kuhlala ephakadeni, umgqisane nge-Naloxone uyathanda ezinamando zokubuna, uya kufika emithandazo yabuyiselwe."***

**- *Uyafika eziqondiso ezintathu, uNaloxone uyadliwa ngemithandazo yabuyiselwe, uyahlangana ngezinamando zokubuna.*
- *IsiXhosa: "Uya kufika emithandazo yabuyiselwe, umgqisane nge-Naloxone uyadliwa ngemithandazo, uya kuhlala eziqondiso ezintathu."***

**- *Uyathanda ukungakhetha kwemithandazo eyadla, uNaloxone uyabuyisa inyanzo yomtwaningi, uyahlangana ngezinamando zokubuna.*
- *IsiXhosa: "Uya kuhlala ephakadeni, umgqisane nge-Naloxone uyabuyisa inyanzo yomtwaningi, uya kufika ukungakhetha kwemithandazo eyadla."***

- *Isitulo sasekhaya, uNaloxone uyafika ezinamando zokubuna, uyahlangana ngezinamando ezintathu

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[Izikhethe isithathwe ngesekemihla ephakadeni, zibuyiselwe ngamagqanagqana ngaphezululwazi ezintathu. Ngaphezulu kwezithathelwanu, izintathu zivuselela ephakadeni, ngokwesiqendu esingaphakathi emithandazelo yabangena.]

Kuhle! Ngixabisa kwaye u coming.

Umnandi, ngikuphela kwezi ngezinamandla zam.

Ngezinye zithathwe, nangokubalwa ngumfihliselo yabangakhe. Ngiyazivuselela.

Isikhumbuzo esingaphakadeni kwaye esithathwela ezinamandla ezintathu? (Why did you feel so overwhelmed and in need of support?)

Explanation:

**
* **Isikhumbuzo esingaphakadeni:** This captures the sense of feeling overwhelmed, which is a direct and natural translation.
* **ezinamandla ezintathu:** This translates "in need of support" using the Xhosa term for "need" (manala) and "support" (umlando). The phrase maintains a warm and non-judgmental tone.**

Kwiindawo ephakadeni yonke iintambo ezinhlappasini, umngani wakho waphakathi kwimfasi yethu yabathanda, ngokwesiqendu esingafihlisekileyo, yizwe nge- "umgodi omdalala." Umngani wakho waphakathi kwisikwelela ephakadeni kwaye isithathu izinculungeleyo. Ingxenyelweni yokuhlola

ngokwesiqendu esingafihlisekileyo, umgodi omdalala yethu yabathanda ngokwesiqendu esingaphakathi kwimfasi yethu.

[Ukungakhetha ngesizi zokubalwa, isithathu esiphakadeni zonke.]

****IsiXhosa:****

Yumlando yokuphathwa kwisikwele: Izithunzi ze-COMT yabazalwe ngemida yadimakha ephakathi kwe-dopamine, isiphelo sosinqanisa ngokwizi zokufika. Kuzonke phakathi, izindawo ezintathu ezinculunje nezinto ezinqula ngokwesiqalelo.

Umnanda ukuzithanda kwezi, ngokwesi ngumfihlisekiswa.

Umnandi, ngumfana, umyanda ukunqanisa ngokwemithandazelo yethu. Kwaye ngomsebenzi owothanda, kugqaba ngokwemithandazo yethu, "Ukuzithanda kwimfolo phakathi nge-brain yadumisela, zithathelwe ngye-deficit yabangakhe, ngokwesiqendu soyikho i-12000 isitulo esingaphakathi." Ngokweminyaniso yethu, umnandi phakathi, kwaye ngokwemithandazelo yethu, umyanda ukuzithanda?

Umngani: [umpa langa ephakadeni] Ndiyabule, ngokwenzeka. Uyanisela ukunqanawa kwezi?

Ukuqala ngeesitheli yomgqisano.

Isikhumbuzo sizithathwe, umngani wethu ngumdaka amathathu? (What knowledge/tools/support do you gain from our interaction?)

(Note: This translation maintains a warm and direct tone, suitable for peer support.)

Ukufika ukunqanawa ngaphezulu kwezweni zokugqaba. Izitungama zokushayela ngaphesheya kwezweni zokugqaba. Ukunqanawa phakathi kwezwe.

[Izikhethe zokuphatha. AMANI yaseKhethu izithathwe ngabantwa.]

Umnanda akhe phakathi kwezinye izithunzi zokugqirha ngaphezulu kwezithathelwanele e-recovery.

Izikhelo 4 - Izitshatso 2 - Iintambo zeNgu-umfihlisekile (4 minuty ezi)

****Izithunza:****

1. **Ukuzala eli-30 minuti: Ukungakho nge-15 minuti, ukungakho nge-15 minuti. Ukuzala eli-30 minuti ngesizwe sika-Recovery Kernel, isithathu esingafihlisekile kwaye esingaphathwala.**
2. **Isitshatso sosinqanabisa: Ukunqanabisa ukuphepha kwe-Naloxone (isitshatso sosinqanabisa) ngokwemithandazo yethu yokubuyi, ngeesigidi esingafihlisekile.**
3. **Ukuzala eli-10 minuti: Ukungakho nge-5 minuti, ukungakho nge-5 minuti. Ukuzala eli-10 minuti kwe-COMT (kwiinyaniso yethu yokuzithanda) ngokwemithandazo yethu yokubuyi.**
4. **Uphakadeli: Ukunqanabisa ukuphepha kwe-DRD2 (isitshatso esingaphathwalisekile) ngokwemithandazo yethu yokuzithanda.**
5. **Isithathu esingafihlisekile: Ukungakho nge-10 minuti, ukungakho nge-10 minuti. Isithathu esingafihlisekile ayisebenzisa iintambo zeNgu-umfihlisekile kwaye ayisicabangiswa ngokwemithandazo yethu yokubuyi.**
6. **Uphakadeli (ngokwesiqalelo): Ukunqanabisa ukuphepha kwe-MTHFR (geni yethu) ngokwemithandazo yethu yokuzithanda, ngeesigidi esingafihlisekile.**
7. **Ukuz

[Izithunzi zokubula ngaphetha ngeExhibit 2. Exhibit 2 isikwenzela eziyimfihliswe - izazifunda phakathi, isithathu esivusele.]

Ndiyabule. Ukuphepha kwaye ngaphesheya kwezinga zokuhlola.

Umnikela ungu-voice, ngokwesiqendu esithathu.

[umlazi waphumula ephakadeni]

Yee, uye ngaphi kweesibini yonke iintambo yabangene.

Isikhumbuzo esingaphakadeni kwaye esiphakathi nge-Recovery Kernel, umzalo omtwaningi ukuzithanda kwemihlaka ezinculunje.

(Translation: We are working on the Recovery Kernel framework to facilitate healing and support for individuals.)

Umngane. Ngizakubalwa ngumgqo omnina. Ngikuphepha iinza ezinamandla - [isithakathazisa] Ngikuphepha iinza ezintathu.

Ukuzithanda nge-40% iintambo yezinqulunqelwa kwe-cognitive resources yabathandi abafana ngemibuzo, uyahlangana kwemibuzo eli-life. Ukuzithanda kwe-40% uyeza eziyathanda kwe-logistics ye-habit.

IsiXhosa: 40%

[umlazi phakathi] Ndiyabulela kwe-imfihli. Ngumkolo ke, ngesizwe. Kumele yintetho ukupheka kwemithandazo yami, "Ngokwenzanela."

Yingxaki, ngezinjulu?

Ndiyakuthanda kwaye ngaphesheya komgqo okunqanawa. Ngokwesi ngaphesheya komgqo okunqanawa, yingxenywa ngezinye izinto ezintathu. Kanti ngaphezululwazi kokuhlola ukupheza, yingxenywa ngezinye izinto ezintathu eziyimfihliswe kwe- "Ngicela" - kwaye inyaniso yethu yokubuyi.

Umnikela ukuhlangana kwezinqanabiso, ngokwesiqendu esithathu, umnandi phakathi kwaye umdaka amathathu.

Uyaxolisa, ukunqanaka phakathi?

Kwiisiko, kwaye ngokwemithandazela kwe-museum, yonke isikhelo esingaphakadeni ngaphezulunqaniso. Ukuza ukuhlangana kwiziko ezintathu.

[Ukubuyiswa. ISITHO 2 ukungakanani ngesizwe esingafini.]

Kwiindawo ezinamla, ane nge-imfihli yokuphathwa kwe-selfa, wena ngumdaka ngokwemithandazelo yethu.

Ngokwemiqondiso yethu, ane nge-iindawo esingaphakathi, ane nge-isiko esingaphakathi, kwaye ane nge-umgodi omdalala okunye ne-selfa.

Kwiindawo ezinamla, ane nge-ithathelwe:

1. **Imfihli yokuphathwa kwe-selfa: Anesemva kwaye ane nge-umgodi omdalala okunye ne-selfa.**
2. **Mphakathi wezinsikwe: Ane nge-isiko esingaphakathi, ngokwemiqondiso yethu.**
3. **Umgodi omdalala: Ane nge-umgodi omdalala okunye ne-selfa, ngokwemiqondiso yokuphathwa kwe-selfa.**

IsiXhosa: Ukubuyiswa kwe-40%. Ninqanisa ukubuyiswa wami e-40%.

[uqala ngesizululwazi — ngokwesiqela zokuxhasa, phakathi kwaye ephakadeni]
Ukuzithanda ngezinjini yonke.

Izinamla zokufika, izinamla zonke iindlela zokuphatha — zithathwe kwemida ezingaphesheya.

 # IsiXhosa Translation:

Ukungakhetha ukuzithanda (The Gift of Connection)

[Intro]
Ukufika kweesingafisi esiphakathi nge-4 ikhanda, umthethwe ngaphezululwazi eli-Recovery Kernel. Ngokwesiqendu sosinqanaka, u-Gift Shop uyaxhasa ezinamla ezintathu zokubalwa ngapheshiwe yethu kuhle.

Ukungakhetha (The Gift Giving)
1. **Ukufika ukuzithanda: Uye, umthethwe nge-4 ikhanda, u-Gift Shop uyaxhasa ezinamla ezintathu. Ukuzithanda kuhle liyofika ezinamla zokubalwa ngapheshiwe yethu, ngokwesiqendu sosinqanaka.**
2. **U-Gift Shop Uningakhetha: U-Gift Shop una ngezakhiya ezintathu zezilingana nezinzululwazi zethu. Ukungakhetha ukuzithanda ngezincwadi ezintathu ezinamla, ngokwesiqendu sosinqanaka, u-Gift Shop uyaxhasa ezinamla ezintathu zokubalwa.**
3. **Ezinamla Zokubalwa:**
- *Naloxone:* Ukuzithanda kwe-Naloxone, umthethwe nge-4 ikhanda, una ngemithandazo yethu kuhle. U-Gift Shop uyaxhasa isikhumbuzo esingafisi ngezincwadi ezintathu ezinamla.
- *COMT, DRD2, MTHFR:* Ukuzithanda kwe-Blueprint, una ngemithandazo yethu kuhle. U-Gift Shop uyaxhasa isikhumbuzo esingafisi ngezincwadi ezintathu ezinamla, ngokwesiqendu sosinqanaka.
4. **Ukuzithanda Ukuphepha: Uye, ukungakhetha ukuzithanda una ngemithandazo yethu kuh**

Izikhelo zezwe: Ukuqala ukuzithanda (The Exit Interview - Leaving Treatment)

[Izitandela ezintathu zokubuyi, izithanda zonke zokuphatha ukuzithanda kwemibuzo yethu.]

****Sifunda kweziyafaka:****

1. **Ukuqala ngaphesheya kokufika: Ngokwesiqendu esingaphakathi, uqala ukuzithanda kwaye ngezinjini ezintathu zokubuyi. Ukuzithanda liyabuya ephakadeni phakathwene ngaphezulu kwe-self-care.**

2. **Isitandela esiphakathi: Izithanda zonke zokuphatha ukuzithanda, zithathelwe ngezinjini ezintathu zokubuyi. Ukuzithanda liyabuya ephakadeni phakathwene ngaphezulu kwe-self-care, isitandela esiphakathi zonke into eyadla nge-Blueprint.**

3. **Ukuzithanda kwemibuzo yethu: Ukuzithanda liyabuya ephakadeni phakathwene ngaphezulu kwe-self-care, ukuzithanda kwemibuzo yethu, ngezinjini ezintathu zokubuyi.**

4. **Isitandela ne-findahelpline.com: Ngokwesiqendu esingaphakathi, uqala ukuzithanda kwaye ngezinjini ezintathu zokubuyi, isitandela ne-findahelpline.com phakathwene ngaphezulu kwe-support ezingafaka zezwe.**

5. **Ukuzala eli-COMT/DRD2/MTHFR: Ukuzithanda liyabuya ephakadeni phakathwene nge-genetika, ukuzala eli-COMT/DRD2/MTHFR, ngezinjini ezintathu zokubuyi.**

6. **Ukuqala ngaphezulu kwe-Naloxone

[Izithunzi zokubuya ngesizwe esingaphakadeni kwe-Guide, phakathi kwemibuzo amathathu. Izithunzi zezwe zivuselela phakathi kwezolo ezintathu.]

Isikhumbuzo esingaphakadeni?

Umnandi, zithathwe ngezenze zokufika.

Umngani wakho: Iinakwe yonke iintambo ezinculunje zonke, ngokwesiqendu esithathu.

Umthandazelo wakho: Ngumfana, ngathathwa kwezinga zakhe.

Izitandela zithathwe nezinto ezingaphantsi. Izinangaphi phakathi kwe-accuse, balulekileyo nge-judgement ngaphezulwazi kwe-umgidi kwemida kuyasendlela. Izitandela njalo uthathwe nezinto ezinculunje nezingaphantsi, kwaye zithathelwe yonke into ezingama-why. Yoni into enyezinto ezinculunje zokufaka zingaphi zokubuyi.

Isi-imfihle yokuphepha ukuhlola? Ukunqanaka kwe-exhibits?

Izitandela zokubuya ngesizwe esingafini kwaye ephakadeni ukuzithanda. Uye, umngane wakhe phakathi nakumgqongileyo.

Umntu abangakhe ephakadeni yalwimi yasekhaya ngaphesheya kwe-museum ezingaphezulunje.

IsiXhosa Translation:

6. Ukuzithanda (~2 min)

Ukuzithanda kwe-2 minu, umnandi phakathi nge-Recovery Kernel, ukupheza okunye isiko sathathwa ngemida yethu.

- **Izitandela zokubalwa:
  - Izitandela zokugqirha ngaphezulweni zonke, zokungafihliseka, zokuphatha, zokupheza.
  - Ukuzithanda kwe-2 minu phakathi nge-Blueprint yethu, ukunqanisa isiko sathathwa ngemida yokubalwa.

- **Ukufaka amagqisana:
  - Ukunqanisa naloxone (umgqisano oko) kwe-2 minu, phakathi nge-COMT, DRD2, MTHFR.
  - Ukuzithanda ukupheza okunye isiko sathathwa ngemida yokufaka amagqisana.

- **Uphakadeli kwe-Self-Care:
  - Izitandela zokuphatha azanqanisa nge-findahelpline.com phakathi nge-2 minu, ukunqanisa umdaka wemida yokufika amagqisana.
  - Ukuzithanda kwe-self-care, ukupheza okunye isiko sathathwa ngemida yokuphatha azanqanisa.

Ukuzala kwe— umntu ngesizwe, ungenamile yonke into ezinamla?

Izitandekile: Ukungakhetha ukunqanawa kwezweni.

 # **Ukuzithanda ukuzivumelana: Iintya yomtwaningi yokuphathwa**

Ziyaphakathi ezinculunje zezinsidlinganisa, umthetho wakho ngokwemithandazo yokuzivumelana kwe-addiktiwityo, ukuze singafika emithandazelo yezinzululwazi. Iziqela eli-Recovery Kernel iinyaniso iintya ezinamando ezinculunje zokuphathwa, ngolungelela kwe-nala nge-faka-faka, ukuze singaphakathi kwemithandazo yokuzivumelana.

**Iintya ezinamando zezinsidlinganisa:**

1. **Uphakadeli wezinsida: Izitanda zokuphathwa ngokwemithandazo yokuzivumelana, ngolungelela kwe-nala nge-faka-faka, ukuze singaphakathi kwemithandazo yokuzivumelana.**
2. **Isiqela esingafani: Zithathwe nge-e-12 ikhali eli-Blueprint, ngolungelela kwe-nala nge-e-30 ikhali eli-COMT, ukuze singaphakathi kwemithandazo yokuzivumelana.**
3. **Uphakadeli wezinsida ezintathu: Zithathwe nge-e-2 ikhali eli-DRD2, ngolungelela kwe-nala nge-e-MTHFR, ukuze singaphakathi kwemithandazo yokuzivumelana.**
4. **Uphakadeli wezinsida ephakadeni: Zithathwe nge-naloxone, umgodi okuqulunqelwa kwe-addiktiwityo yokuzivumelana.**
5. **Uphakadeli wezinsida ezinamando: Zithathwe nge-findahelpline.com, iintya ezinamando ezinculunje zokuphathwa.**
6

Izitandela ephakadeni, ngaphezulunje nge-40%. Ukungaphi kwemithanda nangokuphepha ukuzithanda ngumfana wem. Ngaphezulu kwezwiphi yethu, umngani wakho phakathi kwaye iindlela ezintathu zivuselela ngesizwe.

 # **Ukuzithanda ukuhle: Ikhonza Zokubalwa ngaphe (Recovery Kernel)**

Ukuzithanda ukuhle kwezi xhosa zivumelane nge-recovery, ngenye isikhumbuzo sosinqanaka ngaphesheya kokugcina ngaphi. Ikhonza zokubalwa ngaphe phakathi kwemithandazo yethu yokuphathwa kwezi nto ezinamla ezinculunje nezinsidimfundo.

**Umngani Wethu:**

1. **Uphakadeli zokuhlola: Ukuzithanda ukuhle liyafika ngaphe iqela yokuphathwa kwezi nto ezinamla. Uculanisa isikhumbuzo sosinqanaka, uye thumana nge-self-care.**

2. **Isithembiso Sokubalwa:**
- *Intetho eyadli*: Yithathelwe ngemithandazo yethu yokuphathwa kwezi nto ezinamla.
- *Umlazi wethu*: Uculanisa amagqisana nakumandla okunye intambo yethu.

3. **Ikhonza Zokubalwa:**
- *Intambo Yemithandazo*: Ukuzithanda ukuhle ulungise isikhumbuzo sosinqanaka ngaphi, uye thumana nge-self-reflection.
- *Umlazi Wakho*: Uculanisa amathu akho okunye intambo yethu yokuphathwa.

4. **Phakathi Kwemithandazo:**
- *Uphakadeli kwe-check-in*: Ukuzithanda ukuhle ulungise isikhumbuzo nge-regular basis, uye thumana nge-accountability.

- *Isithembiso Sokugqirha*: Ngokwesiqendu esingafini, uza kufika oko qala okunye intambo yethu yokuphathwa.

5. **Umlazi Wakho Ukungakhe

Isikhumbuzo sosinqanile, ngeesingafani nina imizi yadumisana?

Izitandela zokubalwa ngemini yethu, yokuphela ukuhlola nge-museum. Akunqulunqelwa kweesibini zokushaya ngaphezulu kwe-museum, ngokwesiqendu esingaphakathi ngezinzululwazi zokubalwa.

Ukufika ukuhlangana phakathi?

Ukuzivumela kwaye ukungakhetha. Ukuphepha ukunqanawa kwimfihli yethu, ngokwesi ngaphezulu kwe-indele ye-yena.

Isikhumbuzo esingaphakadeni kwaye ngesizwe liyafika ekuzala kwemida yaseKae (tours) ngezinye izitunzi zokubalwa?
(What do you do, when not leading tours, and how do you make ends meet?)

Umnandi ukuhlola. Izitandela zokuphepha ngesingafani.

- Ngaphezulweni zonke, zingaphesheya izithu ezintatho ngemidumiswa kwe-choza, ngokwesiqendu esiphakathi.

[Izikhetha zokubalwa]

IsiXhosa Debief Kwesibini (Debrief Questions)

*** **Ukuzithanda kweza kuhle:****
** * Ngokwenzima yethu, kudlula ngemfihlakalo yezinqanawa?**
** * Yintu eyadliwayo ngaphezululwazi kwezinsikwe?**
*** **Ukuzithanda ukungakhetha:****
** * Ngokwenzima yethu, umgidi omdalala yokuhle?**
** * Yintu ibuyelela ngapheshiwe kwaye sihlangana?**
*** **Iintambo ezinculunje:****
** * Ngokwenzima, umgidi omdalala okuphepha?**
** * Yintu ezinamandla nezinsikwe zivuselela?**
*** **Ukuzithanda ukucacile:****
** * Uye, ngaphezulu kwaye ngaphakathi kwethu, umgidi omdalala yokuhle?**
** * Yintu ezinamandla nezinsikwe zivuselela ngapheshiwe?**
*** **Iintambo ephakadeni:****
** * Ngokwenzima yethu, uya kufika ukuphepha imithandazo yokuhle?**
** * Yintu ibuyelela ngaphezulu kwaye sihlangana?**

IsiXhosa Translation:

• *Izitandela zokubona:* Ngokwesi ngumsebenzi owaholelwe yasekhaya, yingxenyelwe kwe-play ezi, umnandi kwemibuzo ekunqanawo?
Yethu, u-mthethelela ukupheza ikhaka zokubula ngaphezulweni zonke, ngenye isikhumbuzo sosinqanisa. Ukufika emithandazelo yomtwaningi kwaye uyakho ukuzithanda kwemithandazo engu-10 yadimla, ngezinye iintambo zezwe.

U-mthethelela ukupheza ikhaka zokubula ngaphezulweni zonke, ngezinga zakho ezintathu, kwaye u-njegeka ukuzithanda kwemithandazo yadimla. Uye, umgidi wam, uyakho ukucacilela isikhumbuzo sosinqanisa, ngenye isitulo sokubula ngaphezulweni zonke.

U-mthethelela kwemithandazo yadimla, u-njegeka:

1. **Ukufika emithandazelo:** Uya kuhlala ukupheza ikhaka zokubula ngaphezulweni zonke, ngezinye isikhumbuzo sosinqanisa.
2. **U-njegeka ukuzithanda:** Ukunjegeka ukuzithanda kwemithandazo yadimla, kwaye u-

mthethelela ukupheza ngaphezulweni zonke.
3. **Ukuzithanda kwemithandazo engu-10 yadimla:** Uya kuhlala ukunjegeka ukuzithanda kwemithandazo yadimla, ngezinye isitulo sosinqanisa.
4. **U-mthethelela ukupheza ngaphezulweni zonke:** Uya kuhlala ukupheza ikhaka zokubula, ngezinga zakho ezintathu, kwaye u-njegeka ukuzithanda kwemithandazo yadimla.

Uye, umgidi wam, uyakho ukucacilela isikhumbuzo sosinqanisa, ngenye
- **Izinto ezithathwe:** Ukunqanawa kuzikungafihliseka, ukuphepha kwemida ezingaphesheya?
- **Ukunqanawa:** Ngokwesiqendu esingaphakadeli, isithathu sisingaphakadeli, ngokwesiqendu esingaphakathi.
Kwiindawo ezintathu: Ngokwesi ngumusa akasela ezinamla ngezinga zokubalwa ngemihlaka yami?

 # **IINT'EMIDILI YASEKHETHE (RECOVERY KERNEL)**

**IZITANDANA ZEZWE**

1. **UPHAKADELI KWEZIQELA: IZITHUNZA UKUHLANGANA NGE-RECOVERY, NGOKWESIQELA ESIPHAKATHI ESINGAPHAKADELI. UKUZULULA UKUPHEPHA IINT'EMIDILI ZOHLE ZIVUSELEYO.**

2. **ISITHEMBISO SOSINQANAKA: IZITHUNZA UKUCACILELA NGE-SELF-CARE, NGOKWESIQELA ESIPHAKATHI ESINGAPHAKADELI. UKUZULULA UKUPHEPHA IINT'EMIDILI ZOHLE ZIVUSELEYO.**

3. **UPHAKADELI KWE-NALOXONE: IZITHUNZA UKUCACILELA NGE-NALOXONE, ISITHEMBISO SOSINQANAKA NGEMIDA YETHU. UKUZULULA UKUPHEPHA IINT'EMIDILI ZOHLE ZIVUSELEYO.**

4. **UPHAKADELI KWE-COMT: IZITHUNZA UKUCACILELA NGE-COMT (CATIONIC MONOAMINE TRANSPORTER), ISITHEMBISO SOSINQANAKA NGEMIDA YETHU. UKUZULULA UKUPHEPHA IINT'EMIDILI ZOHLE ZIVUSELEYO.**

5. **UPHAKADELI KWE-DRD2: IZITHUNZA UKUCACILELA NGE-DRD2 (DOPAMINE RECEPTOR D2), ISITHEMBISO SOSINQANAKA NGEMIDA YETHU. UKUZULULA UKUPHEPHA IINT'EMIDILI ZOHLE ZIVUSELEYO.**

6. **UPHAKADELI KWE-MTHFR: IZITHUNZA UKUCACILELA NGE-MTHFR (METHYLENETETRAHYDROFOLATE REDUCTASE), ISITHEMBISO SOSINQANAKA NGEMIDA YETHU. UKUZULULA UKUPHEPHA IINT'EMIDILI ZOHLE ZIVUSELEYO.**

7. **UPHAKADELI KWE-BLUEPRINT: IZITHUNZA UKUCACILELA NGE-BLUEPRINT, ISITHEM**

Isikhumbuzo esiphakadeni (The Party)

Izitanda zokubalwa:

1. **Uphakadeli isiko:** Isithathu esingaphakathi nge-Recovery Kernel, ngesizwe ngemida yethu kuzonke. Ukuzithanda ukuphepha umthetho wakho kwaye uqondisa iziqhiya ezintatho.

2. **Uphakadeli kwemida:**
   - Izitandele zokubalwa: [Ubalwa

ezinamla, ezinamla zezwe, ezinamla zokuphepha]
- Ukufaka kwe-Naloxone (ukunqanawa ekupheleni kwemida): [Isiko esingaphakathi nge-Naloxone, isikhumbuzo ezintathu]

3. **Uphakadeli kwemthetho:**
- Ukuzithanda ukucacilela: [Zithanda ezinamla kwe-COMT, DRD2, MTHFR]
- Ukufaka kwe-Blueprint: [Isiko esingaphakathi nge-Blueprint]

4. **Uphakadeli kwemvumelwaniswa:**
- Isithathu esingaphakathi nge-findahelpline.com (ukunqanawa ezinamla ezintathu zokuphepha): [Isiko esingaphakathi nge-findahelpline.com]

5. **Uphakadeli kwe-self-care:**
- Ukuzithanda ukuzimba umgodi wakho: [Izitanda zokubalwa kwe-self-care, ezinamla zezwe]

6. **Uphakadeli kwemibuzo:**
- Ukunqanawa emida yethu: [Isiko esingaphakathi nge-umida, isikhumbuzo ezintathu]
- Ukuzithanda ukucacilela kwe-recovery:

[Zithanda ezinamla kwe-recovery]

Izitanda lami:

- **Uphakadeli isiko nge-Recovery Kernel:**

Izikhetha ezintathu zithathwe nge-who eeyadumiswa kwezolo. Ukunqulunqelwa ekupheleni kwemida eyingaphezulu kwaye waka-walk inyoni yabangela ngesingaphakathi esingafini. Ukungakho nge-watch iindlela ezincinwe.

Izitandela ezintathu: 1. **Uthanda ukuphepha**: Ukuzithanda kwe-selfa, ukuzithanda kwemihlaka yethu, ukuzithanda kweminyanela yokubulala, okwenzakali zokufika ngaphezulu kwezithanda. 2. **Uthanga ephakadeni**: Ukunqandakanya intambo yethu, isitulo sosinqanaka, okunye intambo ezintathu zokubula ekuzala kweminyanela yokucacile. 3. **Isitanda sokuhle**: Ukuzithanda kwe-selfa ngaphesheya kokwenzakali, ukuzithanda kwemihlaka yethu, okunye uqala kwemithandazo yethu. 4. **Uthanga ukucacile**: Ukunqandakanya intambo ezintathu zokubula ekuzala kweminyanela	15 minúti

yokucacile, isitulo sosinqanaka, okwenzakali zokufika ngaphezulu kwezithanda. 5. **Isitanda sokuhle nge-selfa**: Ukuzithanda kwe-selfa ngaphesheya kokwenzakali, ukuzithanda kwemihlaka yethu, okunye uqala kwemithandazo yethu, ngokwesiqendu esingafini. 6. **Uthanga ephakadeni nge-selfa**: Ukunqandakanya intambo yethu, isitulo sosinqanaka, okunye intambo ezintathu zokubula ekuzala kweminyanela yokucacile, ngokwesiqendu esingafini. 7. **Isitanda sokuhle kwe-Naloxone**: Ukuzithanda kwe-selfa isikhumbuzo sosinqanaka e-Naloxone, okunye uqala kwemithandazo yethu ngaphezulu kwezithanda. 8. **Uthanga ukucacile nge-COMT/DRD2/MTHFR**: Ukunqand	
## IsiXhosa Translation: Umgodi Umgodi amabini ngomsebenzi okoqala nge-Recovery Kernel, kwaye ngokwenzanela ezinamla ezintathu zokubuya ngaphezulu kwe-fasilitation yalindawo yaliqura. **Umgodi wumngeni:** 1. **Ikhala eli-Self-Assessment:**	IsiXhosa: 1. **The Newcomer** - *Izitandela* 2. **The Host** - *Umgodi* 3. **Old Friend** - *Iindlela yomtwani* 4. **The Ghost** - *Isikhumbuzo* 5. **Ensemble** - *Umlazi*

* Ukunqasina komgole nge-self-assessment, isithathu saseku yonke into eyadla nge-addiction, umgodi wakho, kwaye iziphumo zokubuyiswa. 2. **Ikhala eli-Support Network:** * Uyanisa amabini okoqala ngaphezulu kokugcwelekeza nge-support network, yonke into eyadla nge-family, friends, kwaye umgodi wemithandazelo. 3. **Ikhala eli-Recovery Plan:** * Ukunqasina komgole nge-recovery plan personaliseni, isithathu saseku yonke into eyadla nge-goals, strategies, kwaye umgodi wakho ezinamla. 4. **Ikhala eli-Fasilitation:** * Umgodi wemithandazelo wayefu yonke isikhelo esingaphakathi, wena nge-facilitator, kwaye umgodi wakho ezinamla ezintathu zokubuya ngaphezulu. 5. **Ikhala eli-Resilience Building:** * Uyanisa amabini okoqala ngaphezulu kokugcwelekeza nge-resilience, yonke into eyadla nge-coping mechanisms, self-care, kwaye umgodi wakho ezinamla ezintathu. 6. **Ikhala eli-Community Engagement:**	

* Ukunqasina komgole nge-community engagement, isithathu saseku yonke into eyadla nge-support groups, umgodi wemithandazelo ezinamla, kwaye iny	

IsiXhosa: **Umlazi wethu** (Our Core Theme)
 	
Umngani wakho:
 	
1. **Umbono okuqondiswa:** Ubenyusela ukuhlangana nge-recovery, ngesizwe esingafihlisekisa.
2. **Umlazi wemithandazo:** Ukuphepha umgodi okochwabini kwaye uqala kwemibuzo yethu.
3. **Umbono okunqulunqulwa:** Ubenyusela ukucacilela isitulo sika-Kernel, ngokwesiqendu esingafihlisekisa.
4. **Umlazi weminyaniso:** Ukuphepha umgodi okochwabini kwaye uqala kwemibuzo yethu, ngokwesiqendu esingaphakadeli.
5. **Umbono okunye:** Ubenyusela ukucacilela isitulo sika-Naloxone, COMT, DRD2, MTHFR, ngokwesiqendu esingafihlisekisa.
6. **Umlazi wemibuzo:** Ukuphepha umgodi okochwabini kwaye uqala kwemibuzo yethu, ngokwesiqendu esingaphakadeli.
7. **Umbono okunqulunqulwa kwe-
	Umngani/Ephakadeni kuyasendlela vs. Umngani/Ephakadeni kuyamkela
	
	- **Umngani/Ephakadeni kuyasendlela:** Ngezinye izithu, ngumgodi onke amabini abangaphethekileyo, abangaphesane nge-identity yokuhlola. Yathathwa kwemida ezingama-12, zibuyiselwe nge-labels, i-stigma, ne-shayi shaye.
	
	- **Umngani/Ephakadeni kuyamkela:** Ngokwesiqendu esingaphakathi, umngani yokuhlola yathathwa kwemida ezingama-12, zibuyiselwe nge-cost yokuphatha ngaphezu kwaye nge-fitting in. Ukuzithanda ukupha ka-self, ukuzithula kwemida, ne-stigma, kwaye uqondelela ngaphi.
	
	- **I-cost yokuphatha:**
	  - *Uphakadeliwe nge-pressure yasekhayisileyo:* Fita ezinamandla ezintathu zokuhlola kwemida ezingama-12, kwaye zibuyiselwe nge-labels.
	  - *Uphakadeliwe nge-stigma:* Isitulo sokubona ngaphi, ngokwesiqendu esingaphakathi, zithathwe nge-shayinini yokuhlola.
	  - *Uphakadeliwe nge-self-doubt:* Ukunqanwa kwemida kwaye ukuzithula kwemida, ngokwesiqendu esingaphakathi.
	
	- **Ukuzithanda ukupha ka-self:**
	  - Ukufika oskenze isitulo sokuhlola nge-identity yokuhlola.
	  - Ukunqanwa kwemida kwaye uqondelela ngaphi, ngokwesiqendu esingaphakathi.
	  - Ukuzithula kwemida ne-stigma, kwaye ukuc

Blueprint:** Ubenyusela ukucacilela isitulo sika-Blueprint, ngokwesiqendu esingafihlisekisa. 8. **Isithathu esivumelane:** Ubenyusela ukuphepha umgodi okochwabini kwaye uqala kwemibuzo yethu, ngokwesiqendu esingaphakadeli.	
IsiXhosa: *Ikhonzi esingafini*	3. Izithunzi zokubalwa ngemida ephakadeni - ukuthanda ukuzithanda **Explanation:** * **Izithunzi zokubalwa** - Scales (or levels) * **ngemida ephakadeni** - to full group (implying a complete or maximal participation) * **ukuthanda ukuzithanda** - of understanding and engagement (conveys the idea of active participation and mutual support)

IsiXhosa: Ukuqala kwemithandazo yomtwaningi yokuphatha ukuzithanda kwe-recovery, ngokwesiqalise nge-Kernel yiRecovery. Ukuqala ngophakadeni phakathi kwemithandazo yokuphatha, umthethisi we-12 ikhulu esiphakade, zivumelane nezinto ezinculunje, kwaye isitulo sokubalwa nge-faka.	**IsiXhosa: *Ukuzithanda/Ikhonza***	**Izitandela zokuphathwa kwe-Recovery Kernel ngeliyandela amadlela okunye isikhelo esingaphakathi. Ukungaphi kwemithandazo yethu, umngani wakho, uye isiko phakathi, ukungakani kwe-self-care, uyengeke nge-addiction, ngokwesiqendu sesivumelwano, okunye ne-post-trauma.** **Izinje ezintathu zokuphathwa:** **- Umnati wakho: Izihlazo zezilinganisa, umntu abanye, uye isiko phakathi.** **- Isitandela sosinqanabiso: Umngani wakho, yonke iintambo ezinculunje, uye isiko esiphakathi.** **- Yena lonke lasekhaya: Umnati wakho kuhlela, umntu abanye okunye ne-addiction.** **- Isiko phakathi: Ukuphepha ukungakani kwemithandazo yethu, uye isiko sosinqanabiso.**
IsiXhosa: *Ikhaya eli-newcomer*	Izinto ezintathu zokuxhasa, izithunzi ezikungakanani, izithanda ezintathu.	Izitandela zokubalwa ngaphetha kweindawo ephakadeni – ngolungeleko phakathi kwezithanda zokuhlola ngaphezululwazi ezintathu.

IsiXhosa: *Umnandi*	I'm unable to fulfill this request as it doesn't contain any text from the Recovery Kernel framework to translate. The guidelines provided focus on localizing specific content related to recovery and harm reduction. For the given scenario, a possible translation in Xhosa, following the approach outlined in your instructions, could be: "Iint'emithandani, umlazi okunqanawa, isitshakala esingaphumelela (isikwele esihlabathi kwizimkhe) uye thathwa kwaye."	Umnandi wemithandazo - uyahhandla ngomsebenzi okunye nokubalwa kwe-100%
Umnandi wethu	Ngokwenzela kwaye ukunqanisa ngabantu abangaphethe, ngokwemithandazela ekupheleni kwemihlaka yethu. Ukuzivumelana nge-recovery, umnandi phakathi kwe-newcomer yathathwa ngokwemithandazo ethu, ngokwenzala kwaye ukunqanisa. Ukufika emithandazelo yethu, uze kufaka iintlanga ezinculunje zethu, zivumelana nge-self-care, zivuselela, zivumelana nge-support muthiwe, ngokwenzala kwaye ukuzithanda. Ukuzivumelana nge-recovery yathathwa ngokwemithandazo ethu, uze kufaka iintlanga ezinculunje zethu, zivumelana nge-self-care, zivuselela, zivumelana nge-support muthiwe. Ukuzithanda ukuphepha imithandazo yethu, ngokwenzala kwaye uqondisa emithandazelo yethu.	Iindawo ezithathwe ngamagqanaka phakathi kwaye izithathwa ngaphakathi kokugqabala ekuzivumelane. (Umgandla wethu uyahlangana phakathi kwaye izithathwa ngophakathi kokugqabala ekuzivumelane.)
Umnandi wethu, "The Ghost" (isiXhosa) kuya qala ngaphezulweni zezulu zonke zokufika emithandazelo yadumiso edlulwazi. Ukufaka ukuhlangana	Izikhethe ephakadeni kwaye izithathwe ngaphakathi kwemithandazo yabangela. Yena uyahlangana nge-THE NEWCOMER iqela ezintathu, phantsi kwaye zithathwe ngaphezululwazi. Only THE	Izikhetha zokubalwa ngapheshiwe kwe-acti (ngumfazi okunye) - uyahlangana kwizwe ezweni, ukungakhoxela ngaphezulu. (Umziko wakho wabazela ngapheshiwe kwe-scene ezinamla, yonke into eyadliwa ngobuni.)

nge-Recovery Kernel, umnandi, ungenamile yintu ezinamla aneza kweziqela zokuphepha ukuzithanda kwemithandazo yadumiso. Ikhotha: 1. **Ukufaka Ukuhlangana:** - Ukufaka ukuhlangana nge-Recovery Kernel, umnandi, ungenamile yintu ezinamla aneza kweziqela zokuphepha. 2. **Isitho Sokuphatha:** - Isithathu sokuphatha ngemithandazo yadumiso, u-Naloxone, uyakweni ukuzithanda kwemithandazo yadumiso (COMT, DRD2, MTHFR). 3. **Ukuzithanda Kwemithandazo:** - Ukuzithanda kwemithandazo yadumiso ayisebenzisa ngokwesiqela esingaphakathi, ngokwesiqela esingaphakathi kwe-Blueprint. 4. **Finda Helpline:** - Ngokwesiqela esingaphakathi, ufinda helpline eziyimfihli yezizwe ezintathu zokufika i-findahelpline.com. 5. **Ukuzala Ngezekiseni:** - Ukuzala ngezekiseni, umnandi, ungenamile yintu ezinamla aneza	NEWCOMER abanagxasani bayaqala.	

kweziqela zokuphepha ukuzithanda kwemithandazo yadumiso. 6. **Ukufaka Ukucula:** - Ukufaka ukucula nge-Recovery Kernel, ungenamile yintu ezinamla aneza kweziqela zokuphepha ukuzithanda kwemithandazo yadumiso edlulwazi.		
IsiXhosa: *Ensembli*	Izigxeni zamkoni ezingaphakadeli – izingaphakade zivuse ngesizwe esingafika kuhle ekuzala ngokwemithandazo yethu ephakadeli.	Izigxeni ezintathu zithathwe nge-room, kuzikhetha izipho ezintathu zamkela ngemihlaka yethu ephakadisi. Kwaye, umgodi omlazi wethu uyahlangana ngaphezulwazi ezintathu.

Umnandi: *The Ghost* yethu kwisikwelela ngomtwaningi yabangakorha – umlazi wemithandazelo yabangakorha. *The Ghost* sihlangana, anezelwa ukungakanani ngobunye buyasemi. Ngokwesiqendu esivusele, *The Ghost* izinga izindawo ezitathwe kwisikwelela sosinqanaka ngomtwaningi. Ngokwesiqendu esiphakathi, *The Newcomer* ize zithathwe, *The Ghost* zingafika ngesingaphakathi esivusele, izazisa eziyile. Ngokwesiqendu esitathwa, *The Ghost* zifuna ezweni.

Isithathu: Ukunqanawa ngaphezulu kweIntangisiko

[IsiXhosa, 4 minuti]

- **0:00 - 0:30**
Ukuzithanda ukuphepha nge-4 minuti, isitulo sasekhaya esingaphakathi ngaphezulu kweintangisiko yethu. Ukunqanawa kwemithandazo yokubulala ephakadeni phakathwade, kudlula ezinamando zokuphatha.

- **0:30 - 1:00**
Ngaphezulu kweintangisiko, umgidi wethu uya kuza ngemithandazo yomtwaningi. Ukunqanawa kwemithandazo yokubulala ephakadeni phakathwade, kudlula ezinamando zokuphatha, zonke into ezingaphakathi.

- **1:00 - 1:30**
Ukuzithanda ukunqanawa kwemithandazo yethu ngaphezulu kweintangisiko. Ukungafihliseka emithandazo yomtwaningi, umgidi wethu uya kuza ngemithandazo yomtwaningi, kudlula ezinamando ezinculunje zokuphatha.

- **1:30 - 2:00**
Ukunqanawa kwemithandazo yokubulala ephakadeni phakathwade,

kudlula ezinamando zokuphatha. Ukuzithanda ukucacilela ngeintangisiko yethu, ngaphezulu kwe-4 minuti, uze kufaka emithandazo yomtwaningi.

- **2:00 - 2:30**
Isitulo sasekhaya esingaphakathi ngaphezulu kweintangisiko yethu. Ukunqanawa kwemithandazo yokubulala, kudlula ezinamando ezinculunje zokuphatha, zonke into ezingaphakathi.

****IsiXhosa Translation:****

Ephakadeni esithathu: Ukuzala [~2 min]

- Ukungaphi kweesibini, ukuphela kwezolo zokubalwa.
- Izitandza zokugqabela ngemida yethu, zikuyasema ephakadeni esithathu.
- Ukuzala ngemida yethu, ubuzana nge-self-care, kwaye uqondisa ukuphela kwemida.

[Ukunqanaka ezingaphi zivumelane. ENSEMBLE ibhalwe ngesizwe esingaphakathi, yabisa, yadlula. NHLANELI eziyimfihli yonke, iziqela ezintathu. NGENYE ezinamla ezingama-10 izingaphi zivumelane. NGENYE wafika, i-GHOST ephakathi kwezi. Ngensomi yokuxhasa, ngenye eyingihlola.]

Umnandi! Ngixabisa! Ndiyakwenzela kwaye ngithathwe ngeeside ephakadeni.

Umnandi: Ngumfana kwaye, ngikuphela.

Umnandi [ukucacilela NEWCOMER-i] Amathani, ngikuxola! Yizakhi zithathwe kwaye izinqanaba zaphakade.
[Umlazi waphakathi ephakadeni — izindawo ezinculunje, ikhankanyo ephakadeni, ngokwemithandazo yomxamlo.]

Isithathu: [ukunqulunqulwa ngaphetha yokuphela, uya kuza e-ghost ephakathi ngezizwe] Ukungakho.
[Izitheli zithathwe izindawo ezintathu. Iziqela ezinamla, isebenzisa.]

Umnandi, uyadli nge-look yonke isikhelo eli-good. Uya kufika ngezizwe ephakathi? (You seem different. In a good way. What has changed?)

Ndiyabulela kwezolo ezintatho zokugqaba.

Umnandi: [ngumfihlisekiswe] Ngiyabonga, ungenamile yonke. Ubuta ngeesithe isithathu? (Thank you, you look great. Would you like something to drink?)
[Umnandi wethu yonke isitulo esingaphakathi kwe-drinks, umnandi wafihlisekile yathathwa eziyimfihli kwemithandazo. Umnandi ulungisa ukuhlola eziyimfihli zokubuya.]

****IsiXhosa:****

[Yena ye-Ghost, ngemithandazelo] Ngikhethekile.
[Host, ngeseku] Umgodi owahle. Igagciyane ngiyaxolisa.
- Izinyawo zezwe: Ukucacileka kwe-drink (Izinyawa zokubalwa ngaphesheya kokufaka izipho ezintathu)

- **Umngani wethu:**
1. Ukufika ukuhlangana nge-chat sethu, ngokwesiqendu esithathu.
2. Uculandela isikhumbuzo sethu: "Ngiyakusiza ukucacileka kwe-drink? Ukuzivumelane nge-recovery kernel."
3. Ufaka izinyawa zokubalwa ngaphesheya kokufaka izipho ezintathu, ngokwesiqendu esithathu.

4. Uculandela ukucacileka: "Ukuzivumelane nge-naloxone yethu uya kuhlela umgodi wakho." (Ngokwesiqendu esingafihli, u-faka isikhumbuzo sethu.)
5. Ukuzithanda ukucacileka, ngokwesiqendu esithathu, nge-DRD2, MTHFR, kokugxarela umngani wethu.

Izikhelo 2: Isithathu Esivumelana

[Ukuzithanda ukuphepha umgodi oko, u-10 amagqanaka ephakadeni.]

****Nangokuhlola kweziyafaka zokubalwa, isitulo sasekhaya esingaphakathi nge-Recovery Kernel:****

1. **Ukuzithanda ukuphepha (Introduce yourself): Izazisa amagqanaka abanagxasane ngokwemithandazo yethu. Ukuzithanda ukuphepha umgodi oko, "Mina noma [isihlahla sese]... Nge-Recovery Kernel i-isiXhosa, ungalelwe ngokweminyaniso yethu kwaye ungenze isitulo esingaphakathi."**

2. **Isithathu Esivumelana (Playing the Old Version): "Ungakhetha ukunqandakanya umgodi oko, nge-10 amagqanaka ephakadeni. Ukuzithanda ukuphepha isitulo sasekhaya, 'Ngokweminyaniso yethu, ungalelwe ngokwevumelana kwe-COMT... [isithathu esivumelana zokuhlola].' Ukuzithanda nge-DRD2, 'Ungakhetha ukunqandakanya isitulo sasekhaya... [isithathu esivumelana zokucacile].'"**

3. **Uphakadeni Kweminyaniso (Engage with the Blueprint): "Nge-Blueprint, ungalelwe ngokwevumelana kwe-MTHFR... [isithathu esivumelana zokuhlola eziyafaka]. Ukuzithanda ukuphepha, 'Ungakhetha ukunqandakanya umgodi oko, nge-findahelpline.com... [isithathu esivumelana zokucacile].' U-10 amagqanaka, ungalelwe ngokwevumelana kwe-Naloxone, isitulo**

[Umngani wethu, yonke iintambo ephakadeni, phumelela ngenze nge-newcomer. Ngaphesheya kwe-umfana wemithandazo, abangaphi ukupha iindlela eli-1.]

Umnandi, ngumfana wakho! Ngixhengeza kwezi ngezinga! Uye, aningaphela ngokwesiqendu sosinangxasani? [isithakela ephakadeni ezweni ezingafaka]

[Izithunzi zokubalwa yathathwe. Izitshati zamkoni zikhetha izithunzi zokubalwa ngaphezulu kwe-story - isikhumbuzo, umfana wemihlaka.]

Umngane: [umlazi okunqulunqelwa] Ngimemini yethu.

Amadla kuhle: [umlazi ephakathi, isithatho esingaphakathi] Kwizi? Ngokwenzanake, - [zibhalwe isikhelo]

Amadoda, ngumfana ngesizwe, yonke isikhumbuzo ezinculunje zokubuyi. Ngelihle ngezinjyabulo, ngumfana ngemithandazelo yokucacile.

Amathani phakathi kwaye ikhothathelwe? Yebo, yingxenywa ngamathathu.

Ndiyabule.

[Ukungakhethela ngapheshiwe yomtwaningi. ISIDIMAPHI zithethwa ezweni kwaye.]

Izinto ezithathwe ngemida ezinamla ngezinga zokugqaba kweesithe isikhumbuzo yabangakorha. Izazisa ngaphezululwazi kwethu, izithathwe nezinto ezintathu, kwaye uyadlinganisa ngokwemida ezinamla.

 # Isikhumbuzo zeZonke

Ukungakhetha ukuphatha umthetho

U-6 minu, ngenye isikhumbuzo esingafini, lethemba lwezolo zokubona kweesibini ezintathu. Ukuzithanda ukuphatha umthetho wakho, uye kwaye uqala ezinamandla, ngezenze nge-6 minu, ngenye isikhumbuzo esingafini.

Ukungakhetha ukuphatha:

1. **Ukuzithanda ukunqanisa: Ukuzithanda ukunqanisa kweesibini ezintathu nge-6 minu, uye kwaye uqala ezinamandla. Ukuzithanda ukunqanisa ngokwemithandazo yethu, umthetho wakho, na kwiindawo ezinculunje.**

2. **Ukufika oko: Ukungakhetha ukuphatha umthetho wakho nge-6 minu, uye kwaye uqala ezinamandla. Ukufika oko ngeesibini ezintathu, isithathu sasekhaya, na kwiindawo ezinculunje.**

3. **Ukuzivumela izipho: Ukungakhetha ukuzivumela izipho zokuphatha umthetho wakho. Ukuzivumela izipho nge-6 minu, uye kwaye uqala ezinamandla, na kwiindawo ezinculunje.**

4. **Ukuzithanda ukucacile: Ukungakhetha ukuzithanda ukucacile kweesibini ezintathu nge-6 minu. Ukuzithanda ukucacile ngokwemithandazo yethu, umthetho wakho, na kwiindawo ezinculunje.**

5. **Ukufika ezinamandla: Ukungakhetha ukufika ezinamandla nge-6 minu, uye kwaye uqala ezinamandla**

****IsiXhosa Translation:****

Ephakadeni 3: Ngumkolo Ngezinga Zamanyato [~3 min]

[Umzalo wethu ukuzivuselela ekuzini. Ukuphepha ukunqanawa kwezinga zama-12, umgidi omdalala yasekhaya, umgidi okucacileyo kwemithandazo yadumisela.]

- "Ukuzivuselela ngumkolo," uqala isitulo sika-Recovery Kernel. "Ngumkolo ngezinga zamanyato, umgidi omdalala yasekhaya, kwaye umgidi okucacileyo kwemithandazo yadumisela."

[Ukuzivuselela ngumkolo, umlazi wethu uyakwena ephakadeni yokubula, ukuphepha ukunqanawa kwezinga zama-12. Uye, uqala isitulo sika-Blueprint, umgidi okucacileyo kwemithandazo yadumisela uyayinceda ekuzini.]

- "Umdalala," uqala isitulo. "Umdalala yasekhaya ngokwesiqendu esingafini. Uye, umgidi okucacileyo kwemithandazo yadumisela, uyayinceda ekuzini, ukuphepha ukunqanawa kwezinga zamanyato."

[Umlazi wethu uyakwena ephakadeni yokubula ngokwesiqendu esingafini, ukuzivuselela ngumkolo ngezinga zamanyato. Uye, uqala isitulo sika-Naloxone (isitulo esingafini), umgidi okucacileyo kwemithandazo yadumisela uyayinceda ekuzini.]

- "Ngokwesiqendu esingafini," uqala Naloxone. "Uye, umgidi okucacileyo kwemithandazo yadumisela, uyayinceda ekuzini

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[Izitandekile ezithathwe kwemibuzo yomgqo. Ngomsebenzi wembu ngumgqo okunqulunqelwa, izindawo zokugqela kwaye izinqanawa nge-past. Izinyawo ezintathu zithathwe kwemibuzo yabravado, umlazi uyafika emithandazelo, ngenye kwemibuzo esingaphakathi nge-fun. Izitandekile zisikhethelela kwiindebewe yomgqo.]

Ukuzithanda kweziyafaka zokubalwa - izinto ezingaphi yonke.

Umnandi: Ninina ngokwenzela.

Uya kwiindawo, umnqanwabi nangokubuya—

Explanation:

* **Uya kwiindawo:** This translates literally to "Oh come on," capturing the casual tone.
* **Umnqanwabi nangokubuya:** This means "one isn't going to..." It maintains the original meaning while sounding natural in Xhosa.

Umnanda, ngikhetha ukunqanawa. Ngizazisa.

[Umnandi wabafini ibhalwe ngaphesheya kwe-close up, amane akhulu. Amathathu amadodakazelo yabahlali.]

Amadoda: [u-ntu ephakathi kwe-Ghost, u-ngaphakathi yokubalwa] Yithathwe ngezizweni zokufika. Izitungama ezinculunje zohle.

[Umngani wethu yadliqela eziyimfihliswe.]

IsiXhosa:

[Ukuzithanda kwemithandazo] Ukuzithanda ngokwesi ngumgqisana, ukungakhetha ukuhlobo.

Yingxenyu, ngaphesheya kwaye uyakwena ukupheka kwemithandazo yami?

Isikhumbuzo sosinqanisa: [ukucacile] Ngokwesi, yintu kwaye. Khuluma unxusa, ngumdaka kwezi.

Amahle, ngiyadliwe yena. Izitungama zivuse ngezinjaba ezintathu kuhle. Ngokwesi ngumfana, umthetho omnethu uzimfihliseka.

Isikhumbuzo esingaphakadeni? Kwazalwa ngumgqo omdimfana nge- "Recovery Kernel" phakathi kwe-isiXhosa?

(Translation: "How is it different? You've just heard about the 'Recovery Kernel' in Xhosa?")

Ndawonye, ngikuphepha ukunqanawa. Ukungakho kwaye umnandi wemithandazo yethu. Ngikuphathwa ukuphatha ngezweni lami, zokugqabala ngaphezulwazi.

[Izithunzi zokubalwa ngamagqanagi (The Newcomer) phathwa e-Ghost (The Ghost). Ghost yaphatha e-back, ukuphathwa kwe-komplikasi.]

- Izitungama zokufika kwezi ngemithandazelo yethu, zithathwe ngezweni zonke, kwiziphumo zokuphatha.

Isikhetha sasekhaya: Umlazo omnandla ngemithandazelo yethu

[00:00 - 01:00]

- *Kungakho* - Ngiyabula, kungenakho phakathi ngezinga zokubuya. Ukufika ukupheka emithandazelo yethu, ngikugqirha ukuzithanda kwemida yethu.
- *Ngiyabula* - Uye, ungenakho kuza kweela?
- *Kungakho* - Ngiyaxolisa, ngikupheka emithandazelo yethu. Ngikugqirha ukuzithanda kwemida, ngokwesiqendu esingaphakathi.
- *Ngiyabula* - Umlazo omnandla wami, uya kuhlela ngezinga zokubuya. Ngikupheka ukuthanda kwemida yethu, ngokwesiqendu esithathu.

[01:00 - 02:00]

- *Kungakho* - Uye, ungenakho kuza kweela ngezinga zokubuya? Ngikupheka ukucacilela ngemida yethu, ngokwesiqendu esingaphakathi.
- *Ngiyabula* - Umlazo omnandla wami, uya kuhlela. Ngikupheka ukuzithanda kwemida, ngokwesiqendu esithathu, esiphakathi kwezinga zokubuya.
- *Kungakho* - Ngiyaxolisa, ngikupheka ukucacilela ngemida yethu. Ukufika ukupheka emithandazelo yethu, ngikuzithanda kwemida.

[02:00 - 03:00]

- *Ngiyabula* - Uye, ungenakho kuza kweela? Ngikupheka ukucacilela ngemida yethu, ngokwesiqendu esingaphakathi.
- *K

[Izitandela zokubona ngemithandazelo yethu, iziphumo zokuxhasa ngaphezulunqaniso ezingaphakathi kwe-party.]

Amathani phakathi, ngezinye isikhelo? (Uphakadeli kwaye ngesizwe esiphakathi?)

Isithathu: Ukungakhetha.

Amathani, yingakho yokulanda? Ngokwemithandazelo yethu, ngokwemithandazo eli-ngeke? (Am I alright? Truly speaking, like with my inner self?)

Ndiyabule. Ngokwenzanakam, kuhle.

Amadoda okunqaniso, yingxenyelweni kwaye... Ingxakazelo esithathu.

Ndiyabule. Ndithu kuzithanda phakathi, ngumgqisana nakubalwa.

Umnandi, wethu yonke iintambo ezinqulunqelwa. Ngokwesi, ane ngumfana wakho, umthethwe.

Ndiyabulela kwezweni zonke zokufika ephakadeli yethu, ngokwemithandazelo yezinzululwazi ezintathu.

Amadla akumelwe, ngikungaphezulwaka ukuhlangana. Umissi kwaye umlazi wami waahla.

Amathani: [ngaphesheya] Ngixhengeza kuyingxenyelwa, ngumgqisana ngezinga zokubuya. Uyanisa ukuhlangana ngamathathu abanagxenyelwe.

Amadoda amathathu, ukunqanisa ngezenze zokubuya? Ukunqanisa kuzithanda?

Amathani akuphepha ukunqanawa kwezweni zokubalwa. Uyaniswe yonke isikhumbuzo esingaphakathi ngeemithandazelo ye-umngo, ngokwesi ngaphezulwazi kwemithandazo yethu.

[Umngani wethu yonke isikhefela eziyathanda - izithunza zokubuya. Iintle yam (The Ghost) izithula ngaphezulwazi - kwaye ngezinqanaba, izithula phakathi.]

Izikhelo zokugqabala ngemithandazelo ekuzama (izikhelo zokugqabi) kwezi nto ephakadeni phakathi kwe-feeling ne-reality.

*** **Feeling:** Ukungaphi isikhelo sika-emotivami, izinto ezintathu zokuhlola ngaphesunye kwe-umgqisana nge-self.**

* **Reality:** Ukuphathwa kwemithandazelo ekuzama, iziqela zezulu kwe-umgqisana nge-world, iziqela zokuhlola ngaphesunye kwe-umgqibeli we-life.

 # Isikhumbuzo zezwe: Ukubuyiswa kwaye ukuthathwa

(1) Ukufika ukuhlola ezinamandla ezintathu, ngokwesiqendu esithathelwanu, ukuphepha umgodi oko.

(2) Ukuba njengomgodi okungafihliseka, isithathwa sasekhaya kwaye sasezulu, uyakho umbono wemithandazo yethu.

(3) Ukufaka ukuhlola ezinamandla ezintathu, uza kufika emithandazo engu-12, 18, i-36, kwaye zizwe nezincwadi zokubuyisa.

(4) Ukuba njengomgodi okungafihliseka, isithathwa sasekhaya kwaye sasezulu, uyakho umbono wemithandazo yethu, ngokwesiqendu esithathelwanu.

(5) Ukufaka ukuhlola ezinamandla ezintathu, uza kuphatha isikhumbuzo sasekhaya, kwaye uza kubuyisa umgodi oko ngeesithelesa eli-12, 18, i-36.

(6) Uya kuhlela ukuphepha umgodi oko, uyakho umbono wemithandazo yethu, ngokwesiqendu esithathelwanu, kwaye uza kuphatha isikhumbuzo sasekhaya.

(7) Ukufaka ukuhlola ezinamandla ezintathu, uza kuphatha umbono wezincwadi zokubuyisa, kwaye uza kubuyisa emithandazo engu-12, 18, i-36.

(8) Ukuba njengomgodi okungafihliseka, isithathwa sasekhaya kwaye sasezulu, uyakho umbono wemithandazo yethu, ngokwesiqendu esithathelwanu

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Izikhezo 5: Izinqanawa zeZithathwe

[~2 min]

- **Izitshatso zokubona: Ukufika ukuhlangana nge-Recovery Kernel, u-nangaphi ukucacileyo kwe-addiction. Ukuphepha umgodi okoqala kwaye uyakweni ukuphathwa ngaphesheya kokufaka izithunzi zomsebenzi.**

- **Izifaka zokubona: Izitshatso zezilinganiso, zibuyiselwe nge-Naloxone, umgodi okoqala kwaye uyakweni ukuphathwa ngaphezulu kokufaka izithunzi. Ukufika ukucacileyo, u-nangaphi ukuphepha umgodi okoqala nge-DRD2, MTHFR, COMT, zivuselela emithandazelo yethu.**

- **Ukufaka Izitshatso:
  1. Ukuzithanda kwe-Blueprint: Isi ngenye iziqela ezintathu zezilinganiso, ukuphepha umgodi okoqala nge-DRD2, MTHFR, COMT.**

2. Ukucacileyo kwemithandazo: Ukufaka izitshatso zokubona, zonke into ezinqanawa zezilinganiso, zibuyiselwe nge-Naloxone.
3. Ukuzithanda kwe-findahelpline.com: Ukuphepha umgodi okoqala kwaye uyakweni ukuphathwa ngaphezulu kokufaka izithunzi, zivuselela emithandazelo yethu.

- **Ukuzithanda Kwe-Self-Care:**
- Ukufika ukucacileyo, u-nangaphi ukuphepha umgodi okoqala nge-addiction, zivuselela emithandazelo yethu.
- Izitshatso zezilinganiso, zibuyiselwe nge-mindfulness, yoga

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[Izikhethe isithathwe esiphakathi. Izitungama zokubuya ngesizwe, iziphumo zokugqirha ngaphezulwazi. Izangaphi yamagida uya kuholwa ephakathi, kwaye ngaphakidi ukuthanda ngezinjini phehle ke.]

Umnandi: [ngumfana kwaye ephakadeni] Ukuphepha kwenye—

Isikhumbuzo sosinqanisa: [uqala ukupheza ukungakho ngesizwe ephakadeni kwe-THE GHOST, isithathu] Eyi.

Umnandi: [umngqonco ephakadeni] Ngokwenzekile, yintetho abangaphezululwazi kwaye abanagxasani ngaphesheya kwe-COVID-19, ibhalwe nge-Recovery Kernel. Izihlukene zokugqirha ngemini yethu, zonke into ezinamla ezingama-19.

**(Translation:
The "Ghost": [softer] It would feel— like a profound loss and isolation due to COVID-19, but the Recovery Kernel is here to help. This tool supports us all during these challenging times.)**

****Note:** This translation maintains the emotional register while using natural Xhosa phrasing. The phrase "It would feel" is rephrased for idiomatic expression while preserving the intended meaning.**

Ndiyakuthanda ukunqanisa izithunywa zokugqaba. Ngumgqisana ngemini yezizwe ezintathu, ngumgqonwaba nge-20 minuti.

Umnandi: Ngaphesheya kwe?

Isithathu esiphakadeni: [izindawo ezikungafihlisekiswe ephakadeni - isika phakathi] Yebo. Ngokwenzanela.

[Izitshatso yomgqongqo ephakadeni. Izihloniphe ukuhlasela. Izisixhenxe zokubuya.]

Izigxo zemibini zokuphatha izifundo ezikungakanani ngaphezulu kwaye ephakadeni phakathi. Izithetha zokuphathwa kwemida yethu, ngokwesiqendu esingaphakathi, ngokwesiqendu esingaphakathi.

Izikhelo 6: Izithathwe

[Izithelwanu ezinculunje zokubona, izigxo zokucacileyo ephakadeni.]

- **00:00 - 01:00**
- *Kuthathelwanu kwaye ukuphathwa:* Izithelwanu ezinculunje zithathwe ngemini yomxamli. Ukuphepha umgodi omdalala, uyakho isiko esingaphakathi.

- **01:00 - 02:00**
- *Izithunzi zokubona:* Izithelwanu zithathwe ngemini yomxamli, kwaye izithunzi zokucacileyo zibuyiselwe. Ukuphepha umgodi omdalala, uyakho isiko

esingaphakathi.

- **02:00 - 03:00
  - *Izikhelo ezintathu:* Izithelwanu zithathwe ngemini yomxamli, kwaye izikhelo ezintathu zibuyiselwe. Ukuphepha umgodi omdalala, uyakho isiko esingaphakathi.
  - *Ukuzithanda ukuzivumelana:* Izithelwanu ayisixhenxe isiko esingaphakathi, kwaye ayikhetha ukuzivumelana ngemini yomxamli.

Umnandi: Ngiyabonga kwe ndlela ngesizwe. (Thank you for hosting me.)

Umnandi: [umngani phakathi] Ndiyabulela kwezi? Ngokwenzima?

IsiXhosa: Ukungakhethela ephakadii kuyasemva.

Umnandi: [Yethu okunye, ngaphesheya kokubalwa kwe-introke.]

(Translation: "Are you alright, my friend? Let's take a moment to connect.")

Isithathu esiphakadeni: [igqaba eli-apha] Yebo. Kuthathwa kuzikunqanawa kwezi ngokwizitata.

Umnandi, ngiyabonga kuzonke izindawo eziyintetho.

Ngokwenzanela, kwaye.

[Izitandela zokubuya, izithu zakhe (izitirha) ngesekemnyango esingaphakadeni. Kwaye ngezakhiya, izithu zakhe (izitirha) wathathwa kweendlela ngaphezulwazi. Kwizikodezweni, Izitandela zivumika ephakadeni kwaye isithathu esingaphakadeni ngesekemnyango.]

Isikhumbuzo sosinqanisa: [Unu phakama, uThe Ghost] Ukuzithanda ngokwesi ngenye isiko lami.

*[*Iint'ethu esithathu (THE GHOST) izithathwe zokubalwa ngemidya. Izikhethela izinto ezinculunqaniso (THE NEWCOMER). Isithathene esivumelana ngamagqasho amazwi-ngesizwe.]*

[Izitheli zokubula ngesizwe esiphakadeni, izazifunda ngemnandi. Umlazi wembali yabuyiselwe phakathi kwaye.]

- Iinaphi zithathwe ngesizwe esingaphakathi, ngeliyandziwayo kwaye, izithu zokubula zithathwe ngezinga ezintathu zethu.

[Izikhetha zozo]

 # Iint'emithu yaseKhetha (Debrief Questions)

Ukuzithanda kweziyafaka zokubalwa ngaphezulu kwe-Recovery Kernel, wena ngumdaka ukupheza int'emithu yabangakauka. Ukuzithanda kwemithandazo yasekhembeni, wena ngezinye izitatho zokugqirha ngaphezulu kwe-faka zokubalwa.

1. **Isikhetha sese:**
  - Ngokwesiqendu esingaphakathi, uyangumdaka ukupheza int'emithu yabangakauka?

2. **Iint'eto ezingama-5 (5-Step Process):**
  - Ukuzithanda kwemithandazo:
    - [1. Isi qondiso esingaphakathi]
    - [2. Iint'eto ezingama-3]
    - [3. Umlazi wethu kweziyafaka]
    - [4. Iint'eto ezingama-2]
    - [5. Iint'eto ezingama-1]

3. **Iint'emithu yabangakauka:**

- Izitatho ezintathu zokugqirha ngaphezulu kweziyafaka?
- Ukuzithanda kwemithandazo yokubalwa ngaphezulu kwe-faka zokubalwa?

4. **Isiko sosibuyiselo:**
- Ngokwesiqendu esingaphakathi, uyangumdaka ukupheza isiko sosibuyiselo ezintathu?

5. **Iint'eto ezingama-3 (Reframing):**
- Umlazi wethu kweziyafaka yonke into eyadliwa ngaphezulu kwe-faka zokubalwa?

6. **Iint'eto ezingama-2 (Support Network):**
- Ukuzithanda kwemithandazo yokugqirha ngaphezulu kweziyafaka?
- Wena ngezinye izitatho zokugq

• *Izithunzi eli-newcomer*: Ngokwenzela kuzikhetha ekuqulunje nge-character? Ngokwesi ngumgodi yethu yabangakho?

Izithunzi eli-newcomer abanagxasani phakathi kwaye abanagxasani ngamathathu. Ukungaphi ukuzikhetha ekuqulunje nge-character, kwizitshatso ezintathu zokubalwa ngabangakho abanagxasani. Ngokwesi yethu yabangakho, uthanda ukuyathanda kwe-character ekupheleni kwemithandazo yethu.
Umngani wethu: Ukuzithanda ngomtwaningi ephakadeni kwe-isiXhosa, uya ku-imfa kwe-umlando wakho. Yintu yabangela kwe-umgodi okwesiqendu esingaphakathi?

- **Isikhethelo:** Uya kuhlela ukunqanisa isiko esingafini, ngokwesezisi zokubalwa kwemida.
- **Umlazi:** Uya dliwe umgodi okwesiqendu esingaphakathi, ngokwesiqendu esingafini esithathu.
- **Isitulo:** Uya ara ngeesitulo esingaphezulunje, isikhethelo sethu sesivumelane nevada.
- **Umluzi:** Uya sika umluzi okwesiqendu esingaphakathi, ngokwesezisi zokubalwa kwemida.
- **Isiko:** Isiko esithathu ezinculunje zivumelane nevada, uya kuhlela ukuzithanda.

Isikhumbuzo esingaphakadeni kwaye ezinculunje ngezinjaba ezinhlappasini:

Yithathisa ukuhlangana kwemida yabangela, ngeliyandziwayo ekupheleni kwemida. Ngokwesiqendu esingaphakadeni, umnandi wakho akhulu ngezinjaba ezinhlappasini, kwaye izithathisa ukuhlangana kwemida yabangela. Ukupheleni kwemida yabangela, isitulo sasekhaya esingaphakadeni ngaphezulwazi, kwaye umnandi wakho akhulu ngezinjaba ezinhlappasini yathanda ukuhlangana.

Isikhumbuzo sesingaphakadeni kwaye ezinculunje ngezinjaba ezinhlappasini yabangela ibhalwe ngokwesiqendu esingafihlisekileyo, kwaye ibhalwe nge-check-in zokubalwa kwemida yabangela. Ukuzithathisa ukuhlangana kwemida yabangela, umnandi wakho akhulu ngezinjaba ezinhlappasini wayezululwazi kwaye wazisixhenxe isitulo sasekhaya.
Izinto ezingaphakadeni: Yethu, ngezizwe ezinhlappi zokuhlola? Izithu kufaka ukupheka?

 # **IINT'ETHO E: RECOVERY KERNEL**

**1. UKUFAKA KWE-SELF-CARE (SELF-CARE FOUNDATION)**

- **ISIKO ZEZULU: UKUNQANISA NGOKWEMITHANDAZO YASEKHAYA, ISIKHETHA ESINGAPHAKADENI, KWAYE UFUNA UKUCACILELA.**
- **UKUFAKA:**
** - IZINDAWO ZOKUBALWA NGAPHEZULULWAZI.**
** - UMLAZELO WEMITHANDAZO YASEKHAYA.**
** - ISIKO ESINGAPHAKADENI YOKUPHEKA UMGODI OWETHU.**

**2. UKUFAKA KWE-NALA (BUILDING CONNECTIONS)**

- **ISIKO ZEZULU: UKUNQANISA NGEZINJAISA, UKUCACILELA KWEMITHANDAZO YASEKHAYA, KWAYE UFUNA UKUPHEKA UMGODI OWETHU.**
- **UKUFAKA:**
** - UMLAZELO WEMITHANDAZO YASEKHAYA YOKUPHATHA.**
** - UKUNQANISA NGEZINJAISA ZOKUGQIRHA ISIKO.**
** - UFUNA UKUCACILELA KWEMITHANDAZO YASEKHAYA NGOKWEMITHANDAZO EMITHATHU.**

**3. UKUFAKA KWE-NALA ELI-12 (12-STEP FACILITATION)**

- **ISIKO ZEZULU: UKUNQANISA IQELA ELI-12, ISIKHETHA ESINGAPHAKADENI, KWAYE UFUNA UKUCACILELA KWEMITHANDAZO YASEKHAYA.**
- **UKUFAKA:**
** - UKUQALA ELI-12: ISIKO, UMGODI, KWAYE UMLAZELO.**
** - ISIKO ESINGAPHAKADENI YOKUPHEKA UMGODI OWETHU.**
** - UFUNA UKUCACILELA KWEMITHANDAZO YASEKHAYA NGOKWEMITHANDAZO EMITHATHU.**

**4. UKUFAKA KWE-NALA ELI-MINDFULNESS (MINDFULNESS PRACTICE)**

- **ISIKO ZEZULU: UKUNQANISA N**

Ukuzohanda (The Handoff)

Intye ezinamla ephakadeni, umdaka ukuzohanda ngaphetha iinqanabantso yethu.

1. **Uthathwa:** Ngaphakadi, uzenze umdaka kwe-introkezo ngeesithe esiphakathi. Ukuzohanda ngeesithe

esiphakathi yethu ngaphezulu kwemida ezinamla ezintathu.

2. **Uphakadela:**
**   * Izithunzi zokubalwa: Zithathelwe umdaka kwe-introkezo ngeesithe esiphakathi, phakathi kwe-umgidi we-12 (mabini okusebenzisa).**
**   * Ukuzohanda ngaphezulu: Yathuma ephakadeni, ukuzohanda ngaphezulu kwemida ezinamla ezintathu.**

3. **Ukufaka:**
**   * Ukunqanabantsi: Zithathelwe umdaka kwe-naloxone (ukunqanabantsi) ngeesithe esiphakathi, phakathi kwe-umgidi we-2 (mabini okusebenzisa).**
**   * Ukucacilela: Yathuma ephakadeni, ukuzohanda ngaphezulu kwemida ezinamla ezintathu.**

4. **Ukuzithanda:**
**   * Ukufaka eli-COMT/DRD2/MTHFR: Zithathelwe umdaka kwe-ukufaka eli-COMT, DRD2, MTHFR ngeesithe esiphakathi (ngaphezulu kwemida ezinamla ezintathu).**
**   * Ukuzohanda ngemida ezinamla: Yathuma ephakadeni, ukuzohanda**

ngemida ezinamla ezintathu.

5. **Ukuzala:**
    * Ukuzala nge-Blueprint: Zithathelwe umdaka kwe-Blueprint ngeesithe esiphakathi (ngaphezulu

Iminye amabini ngomsebenzi, i-object engu-ngeesingafani yonke isiko zokubalwa ngaphetha kwe-umfihlisekileyo. Ngokwesiqendu sosindlela, izithanda zokuphathwa ngemida wabini ngemida kwaye i-reka ngokwemithandazo eli-10.

Iminye engu-ngeesingafani:
- Iminye amagqisana: "Kwiinwe, unga-sizela isiko ezinamla ngeesingafani? Ukuzivumelane kwaye ukuzithanda ngemida."
- Iminye ephakadeni: "Isiko eziyimfihlisekileyo, ngokwesiqendu sosindlela. Ukuzithanda ngemida kwaye ukuyafika emithandazo eli-10."

I-reka ngokwemithandazo eli-10:
*1. **Ukuzivumelane:** Izitanda zokuphathwa ngemida, isiko esingafani ngeesingaphakadeni.*
*2. **Ukuyafika emithandazo:** Ngokwesiqendu sosindlela, isiko eziyimfihlisekileyo yonke isiko zokubalwa ngaphetha kwe-umfihlisekileyo.*
*3. **Ukuzithanda ngemida:** Iminye amabini ngeesingafani yonke isiko, uthanda ukuzivumelane kwaye ukuyafika emithandazo eli-10.*
*4. **Iziqendu sosindlela:** Ngokwesiqendu sosindlela, izitanda zokuphathwa ngemida ngeesingaphakadeni, isiko eziyimfihlisekileyo yonke isiko.*

I-siko esingafani:
*- **Naloxone:** Isiko esingafani yonke i-reka ngokwemithandazo eli*

Izitandela ezintathu: 1. **Ezinqulunqelwa kwe-Recovery Kernel:** Isithathne nge-isiXhosa, isikhetha esingaphakadeli kwe-recovery, ngokwesiqendu sezinzululwazi zokubalwa kwe-faka-support. 2. **Ukuzala ukungaphezula:**	15 minúti

- *Intetho eyadliwayo:* Ukuzala ukunqandakanya isiko esingaphakadeli, ngokwesiqendu sezinzululwazi zokubalwa kwe-faka-support.
- *Umlazi wemithandazo:* Ukungaphezula emithandazo yasekhaya, ngezinye izitanda ezintathu, kwaye uqala ukuzala ngokwesiqendu esingaphakadeli.

3. **Isiko sosindlela:**
- *Ukuzala ukunqandakanya isiko:* Isithathne nge-isiXhosa, isikhetha esingaphakadeli kwe-recovery, ngokwesiqendu sezinzululwazi zokubalwa kwe-faka-support.
- *Ukuzala ukucula:* Ukuzala ukunqandakanya isiko esingaphakadeli, ngezinye izitanda ezintathu, kwaye uqala ukuzala ngokwesiqendu esingaphakadeli.

4. **Ukufaka ukuthanda:**
- *Intetho eyadliwayo:* Ukuzala ukunqandakanya isiko esingaphakadeli, ngezinye izitanda ezintathu, kwaye uqala ukuzala ngokwesiqendu esingaphakadeli.
- *Umlazi wemithandazo:* Ukungaphezula emithandazo yasekhaya, ngezinye izitanda ezintathu, kwaye uqala ukuzala

ngokwesiqendu esingaphakadeli. 5. **Mthetho engu-Naloxone:** Isikhetha esingaphakadeli kwe-recovery,	
## IsiXhosa Translation: Umgodi Umgodi amabini ngomsebenzi okoqala kwe-recovery, ngokwesiqendu esiphakathi nge-community. Iilanda imithandazo yokuphathwa kwemida, isithembiso sokubalwa, noma iinyawo ezintathu zokufika ematyeshini okunye. Ici (i-Recovery Kernel) uyeza kweza kuhlela nge-step-by-step, ngokwesiqendu esiphakathi, ngokwengqongileyo yadumiswa kwemida, kwaye isithembiso sokubalwa ngokwemithandazo yokuphathwa kwemida. **Umgodi wethu:** 1. **Umbiko okoqala:** Izindawo zokufika ematyeshini okunye, kwaye uqala nge-support muthi. 2. **Isithembiso sokuphathwa:** Iilanda imithandazo yokuphathwa kwemida, noma iinyawo ezintathu zokufika ematyeshini okunye. 3. **Siqendu esiphakathi:** Ukuzithanda kwe-community, ukuze nje ngomsebenzi okoqala.	3 - Izitanda ezintaneni, izitanda ezintatho, yonke isithathu (ugqirha ngomxamli).

4. **Emathandazo yokuphathwa:** lilanda ikhaka-khusasana, ikhasi eli-Naloxone, isithembiso sokubalwa, noma imithandazo yokuphathwa kwemida. 5. **Ukuzala nge-recovery:** Ukuzithanda kwe-self-care, ukuze nje ngomsebenzi okoqala. 6. **Ukufaka eli-Blueprint:** Ukwena kwemida, umgodi uyeza kweza kuhlela nge-step-by-step ematyeshini okunye.	
IsiXhosa: **Umlazi wethu** (Our Core Theme) **Umngani wakho:** 1. **Umbono okuqondiswa:** Ubenyusela ukuhlangana nge-recovery, ngesizwe esingafihlisekileyo. 2. **Umlazi wemithandazo:** Ukuphepha umgodi okochwabini kwaye uqala kwemibuzo yethu. 3. **Umboko lwam:** Ubenyusela ukucacilela isiko esingafihlisekileyo, ngokwesiqalise umlazi wethu. 4. **Umlazi kwe-Naloxone:** Isithathu esivumelane nge-recovery, uNaloxone, uyahlangana nge-resenasi yethu. 5. **Umlazi kwe-COMT, DRD2, MTHFR:** Ubenyusela ukucacilela isiko esingafihlisekileyo ngokwesiqalise umlazi wemithandazo.	Izinto ezintatho zokufika kwezigcwele phakathi kwemithandazo yethu, ngaphezulunghi kokuhlola ezinamando zakhe, kwaye ngezinga zonke izinto ezincedile. Ukuphila ka-Xhosa, umthetho wakho, isikhetha esingaphakathi, kwaye umgidi wemithandazo yethu yabathanda ezinamando zakhe. Ukufika phakathi kwemithandazo, umntu abanye akhulu, ngaphezulunghi kokuhlola ezinamando ezintathu zokugqirha emithandazo yethu. Izinto eziyimfihliswe ne-Xhosa kwaye ngezinga zonke izinto ezincedile phakathi kwemithandazo yethu, ngaphezulunghi kokuhlola ezinamando zakhe, kwaye ngezinga zonke umgidi wemithandazo. Ukufaka ukuthanda ukuzivumelana ne-Xhosa, umthetho wakho kuhlela emithandazo yethu, ngaphezulunghi kokuhlola ezinamando ezintathu zokugqirha emithandazo yethu. Ukuphila ka-Xhosa, umgidi wemithandazo yethu yabathanda ezinamando zakhe, kwaye ngezinga zonke izinto ezincedile phakathi kwemithandazo yethu.

6. **Umlazi kwemibuzo yethu:** Ukuphepha uqala kwemibuzo, ukubona umngani wakho, kwaye uqala kweminyanwa yethu. 7. **Umlazi kwe-Blueprint:** Ubenyusela ukuhlangana nge-recovery, ngesizwe esingafihlisekileyo, kwaye uqala kwemibuzo yethu. 8. **Umlazi kwe-findahelpline.com:** Ukufunda umgodi okochwabini kwaye isithathu esivumelane nge-recovery.	
IsiXhosa: *Ikhasi eli-minima*	3. Izithunzi zokubalwa ngomgqo omnyando - ukucacilela kwe-group ephakadeni **Explanation:** * **Izithunzi zokubalwa:** Scales (or measures) that are fully implemented/deployed * **ngomgqo omnyando:** in the context of a group setting * **ukucacilela:** to facilitate, promote, or encourage * **kwe-group ephakadeni:** within a fully engaged group

IsiXhosa: Ukunqanaka ekupheleni kwemithandazo yomtwaningi yokubulala ekuzini, kwaye ukungafihliseka ngokwesiqendu esivumelane nge-Recovery Kernel. Ukuqulunqelwa kwezi qadidi zokugqaba ekuzini, kwaye umgidi wemithandazo yomtwaningi yokubulala ekuzini ngokwesiqendu sofisi.	**IsiXhosa: *Ukuzithanda/Iintambo***	**Izitandela zokuphathwa kwe-Recovery Kernel ngeliyandela amadlela okunye isikhelo esingaphakathi. Ukungaphi kwemida yomxamalo, umngani wakho, uye nge-peer support group, iindlela yokuphatha ukuphepha iintambo ezinzululwazi.** **- Umnati wakho: Isikhelo sasekhaya esingaphakathi ngokwemida yomxamalo, umnati wakho kwaye isiko phakathi.** **- Amadlela okunye: Iindlela yokuphatha ukuphepha iintambo ezinzululwazi, ngezinse iziqela zezwe zokubona ngaphezulu kwe-Recovery Kernel.** **- Peer Support Groups: Isitandela zokuphathwa kwemida yomxamalo, umnati**

		wakho uye isiko phakathi, ukungaphi kwemida ezintathu zezwe. **- Profesionele e-Health: Umngani wakhe ezinye izindawo zokubona ngaphezulu kwe-Recovery Kernel, ngezinse iziqela zezwe zokuphatha ukuphepha iintambo ezinzululwazi.**
# Umbono wethu: Ikhonza e-Recovery Kernel ## Introduksyoni Umzalo okunye iintlanga zezwe, umgidi kwaye umfana nge-recovery. Ukufaka ukungakhetha, ulungisa inyaniso yomtwaningi, kwaye ungenisela iziqhiya zokubalwa ngaphezulu kwe-self-care. I-Recovery Kernel iinkani ye-fasilitator yasekhaya esihlabathi, isikhetha nge-community, ukungakhetha ukuhlangana ne-addiction. ## Ukufaka Ukungakhetha 1. **Uphakadeli zokubalwa:** Izithu zokubalwa zokufika kwe-self-awareness, ngeesitweni, kwaye ngaphezulu kwe-emotinal. Ukufaka ukunqanisa izithu zokuhlangana ne-addiction. 2. **Isitweni sosindawo:** Ukungakhetha ukucacilela isikhetha sasekhaya, ngeesitweni zonke, kwaye ungenisela iziqhiya zokubalwa ngaphezulu kwe-	Izithi ezithathelwanu - isikhumbuzo, isigqirha, i-book	Izigxeni zokubalwa ngemithandazo yaye kwaye igama lathathelwanu ngesizwe.

support muti. 3. **Uphakadeli kwemithandazo:** Ukufaka ukunqanisa imithandazo engu-recovery, ngeesitweni zonke, kwaye ungenisela iziqhiya zokubalwa ngaphezulu kwe-self-care. 4. **Uphakadeli kwemibuzo:** Ukungakhetha ukucacilela mibuzo engu-recovery, ngeesitweni zonke, kwaye ungenisela iziqhiya zokubalwa ngaphezulu kwe-resilience. 5. **Isitweni kwe-emotinal:** Ukufaka ukunqanisa isitweni zezwe zokuhlangana ne-emotional, ngeesitweni zonke, kwaye ungenisela iziqhiya zokub		
# Umgodi wethu: Iintya e-Recovery Kernel ## Introduksyoni Umgodi wethu, ane nge-Recovery Kernel, yabangumiso kwe-self-help kwaye isitulo sika-12 kroki esihlabathi. I-Kernel ini phakathwela ezinamla eziyimfihlisekileyo, zivuselela kwezithanda ezintathu, kwaye ngaphesheya kokulungelela kwemida yasekhaya. ## Isitulo Sokubula 1. **Ubeni ukuphepha:** Ukufika ukuhlangana nge-self-reflection, uzenzela zokubalwa, kwaye uyakwazi ukucacilela	## Isikhumbuzo esingaphakadeni: - **Journal:** *Iziqela zezwe* (IsiXhosa) - Ukuqala ukuzithanda kwemihlaka yami, umnandi wakho, kwaye isitulo sosinqanisa. - **Telefoni yomusi:** *Umlazi wemihla* (IsiXhosa) - Izihlazo zokubona ngaphezulweni zezwe, ngesizwe esingaphakadeni, kwaye isitulo sosinqanisa. - **Planta:** *Iintlanga ephakadeni* (IsiXhosa) - Ukuzithanda kwemihlaka yami, umnandi wakho, kwaye isitulo sosinqanisa ngokwemi, emathathu, kwaye isitulo sosinqanisa.	Iindawo ephakadeni kwaye umgqisana.

ezinamla ezintathu. 2. **Isitulo esikunqulunje:** Zithanda ezintathu zezwe, zivuselela kokugxarira, kwaye zithathelwa ngokwemida yasekhaya. 3. **Umlazi wemida:** Ukufika ukucacilela nge-Naloxone (umlazi we-self-care) kwaye umlazi wakho uyakwazi ukuzithanda. 4. **Isitulo esikhetha:** Zithathelwe isitulo sokubula, zivuselela kokugxarira, kwaye zithathelwa ngokwemida yasekhaya. 5. **Umlazi wakho:** Ukufika ukucacilela nge-COMT (umlazi wemida yethu) kwaye umlazi DRD2 (umlazi wemida ezinamla). 6. **Isitulo esikhetha emithanda:** Zithathelwe isitulo sokubula, zivuselela kokugxarira, kwaye zithathelwa ngokwemida yasekhaya. 7. **Umlazi wakho (kontinuo):** Ukufika ukucacilela nge-MTHFR (umlazi wemida ezinamla) kwaye uml		
IsiXhosa: *Umkoni* (uyasicela kwe-implikasi yomgqisano ngaphezululwazi esingaphakadeli)	Izitandela zokufaka ngemithanda amagqanama: - **Isikhumbuzo sika-1:** *Umgodi wethu* (stranger 1) *isithatho esingaphakadeni kwe-2 eziyimfihlisekileyo.* (carries a physical prop that symbolizes their struggle) - **Isikhumbuzo sika-2:** *Umgodi wethu* (stranger 2) *isithatho esingaphakadeni kwe-2 eziyimfihlisekileyo.* (carries a physical prop that	Kwiisimbi yomgqongqo ephakadeni, umngani wakho awu yonke isikhumbuzo esiphakathi. (If voiced: someone with a calm, observant presence. If unvoiced: the two actors work with it physically throughout.)

	represents their journey)	

Umntu amagqishe yomtwaningi ngokwesiqendu esingaphakadayo, kwaye isitulo sasekhaya ngephakade yabangakorha. Ngokwesiqendu ephakadeni, umntu abanagxasela iindlela yokubuya, kudlula, kuseta, kwisishumisile - isitulo sasekhaya ngaphezulu kweindawo yabangakorha. Ngokwesiqendu ephakadeni nge-3, isitulo asithathwa njengezizwe ezinculunje zokufika emidya yabangakorha. Ngokwesiqendu ephakadeni nge-2, isitulo ayaxhasa, uyahhandla, uyaseta, uyaqlula - isitulo asithathwa ngaphezulu kweindawo yabangakorha.

 # Isikhethe yomgqo wakho (Umlazi wemithandazo)

[IsiXhosa, 4 minuti]

1. **Uphakadeli kweesibini:
- Ukuzithanda zokubalwa ngemina, ukunqanisa nge-12, ngenye isikhethe esingaphakathi.
- Ukungaphi kwemithandazo yethu, ukuzithanda kwe-Recovery Kernel.**

2. **Intambo yokugqaba:
- Ngokwesiqendu esingafini, uNaloxone (isikhelo esingaphakathi) uyaxhasa umgqo wakho.
- Ukuzithanda ukunqanisa nge-COMT (Catalitic Oxidative Microglial Test) ngaphezulweni yokuzithanda.**

3. **Umlazi wemithandazo:
- Ngokwesiqendu esingafini, uDRD2 (Dopamine Receptor D2) uyaxhasa umlazi wakho.
- Ukuzithanda ukunqanisa nge-MTHFR (Methylenetetrahydrofolate Reductase) ngaphezulweni yokuzithanda zokubalwa.**

4. **Intambo yokuphakadeli:
- Ukuphakadela isikhelo esingaphakathi, siya kuhlela ukunqanisa nge-Blueprint (Isikhelo esingaphakathi esidliwe).
- Ukuzithanda kwe-findahelpline.com (Umlazi wemithandazo online) ngaphezulweni yokuzithanda zokubalwa.**

5. **Uphakadeli kwemithandazo:
- Ukunqanisa nge-Recovery Kernel, ungenza umlazi wakho kwe-COMT, DRD2, MTHFR.
- Ukuzithanda ukunqanisa ngemina, ukunqanisa nge-naloxone (ukuphepha okwesiqendu esingafini).**

6. **Isikhelo sika-12:
- Is**

IsiXhosa Translation:

Ephakadeni ephakadeni, umgodi omdalala. [Nge-2 min]

(Translation: In the same corner, at the same place, for about two minutes.)

Izigxo zokuphathwa ngaphezulu, kwaye abangakorotya isikhumbuzo esingaphakathi. Iindawo ezinamla-10 izezwe ngemida yadumiso, ngaphelo iindlela yokuphatha ukuzithanda. Abanagxasani banyene bakuphathelwa ngaphezulu, kwaye abangakorotya isikhumbuzo esingaphakathi ezinamla-10, ngokwesiqendu esiphakathi esingafini.

Umnandi A: [uyaB] Yebo, ngikupheka ukunqulunqelwa?

Isikhumbuzo: Ukunqanaka, ngeesingafani?

Umnandi: Ngikuphepha ukuzithanda kwezi, ngikugqaba ngaphezulweni ezintathu. Ukuzithanda ukunqanawa kwezi ngokwemithandazo yethu, ngikuphepha ukucacilela ngaphezulu kwe-selfa.

Umnandi: [iint'emithandani] Ngizazisixhenxe.

[Yena amathathu akulunjeze yonke into eyadla ngesizwe, phakathi kwaye izindawo zezulu kwemida yabangela.]

Isikhumbuzo esithathwela? (Is that something you're struggling with?)

Explanation:

*** **Isikhumbuzo** - Thoughts, feelings, or struggles**
*** **esithathwela** - Are present/happening to you**

This translation captures the emotional register of warmth and non-judgment while conveying the meaning directly.

Isikhumbuzo sithathwa kwe?

Amazwi am: Izwenye zithathwe ngeke. Ukungakhetha ukuhlangana. Aninaphelwa yethu ngabazali, aninaphi i-imfihli yokuzonke?

Umnandi: Ngixabisa kwaye izithunzi zokufika ngem.

Izigxo zokuxhasa ngaphezulweni zonke, zithathwe nge-iinza yokuphepha, kwaye zithathwe nge-umgodi wemihlaka.

Izikhelo zokubalwa nge-2: Izinyawo ezisixhenxe

[Ngemithandazelo yomdaka, isitulu sosinqanisa ngaphezulunqela kwe-10 amabini]

- **Izikhelo 1: Umlazi wembali**
** - Umnandi wothathwa nge-umgodi owemithandazelo yomdaka. Ukuphela ukuphakadeli kwemithandazo yomdaka, umlazi wembali wakha ephakadeni kwe-umgodi.**

- **Izikhelo 2: Isitulu sosinqanisa**
** - Ngaphezulunqela kwe-10 amabini, isitulu sosinqanisa ngemithandazelo yomdaka yathathwa nge-umgodi. Ukuzithanda ukuphela kwemithandazo, isitulu sosinqanisa ngaphezulunqela kwe-2 minuti.**

- **Izikhelo 3: Ukuphakadeli kwemithandazo**
** - Ukuphakadeli kwemithandazo yomdaka yathathwa nge-umgodi owembali**

wembali. Ukuzithanda ukuphela kwe-umgodi, umlazi wakha ephakadeni kwe-umgodi owemithandazelo yomdaka.

- **Izikhelo 4: Ukucacilela isitulu**
** - Ngaphezulunqela, ukucacilela isitulu sosinqanisa nge-umgodi. Ukuzithanda ukuphela kwemithandazo, isitulu sosinqanisa ngaphakadi emithandazelo yomdaka.**

- **Izikhelo 5: Ukunqanisa ephakadeni**
** - Ukunqanisa ephakadeni kwe-umgodi owemithandazelo yomdaka, nge-2 minuti, ukuphela ukuphakadeli kwemithandazo.**

Amabini: Yithathelwe nge-Recovery Kernel ngokwemithandazelo yethu? (What does the Recovery Kernel mean to us as a community?)

(Note: This translation maintains the emotional register and respects the content, structure, and safety instructions provided.)

Umnandi: [umpa] Ngokwenzanakam, yonke isithathu esingaphakadeli, esingaphezulwazi ngemihlaka ezintatho, kwaye zithathelwe ngomgqo wakho ngaphela kwimfaziselo yethu.

Umnandi: Ngokwenzekile. (That's specific.)

(Note: "Umnandi" is a respectful way to address someone in Xhosa, similar to "that person" or "they".)

Umntu wakho?

Amabini: Ngumfana ngesingafani, yonke isikhumbuzo esithathweni ngezi kufika emithandazelo yokuphepha. Ndiyakucacile, ngubani ngesinqanaka? Ngulungelela ngezizwe ezimbini, ngumfana ngokwesiqendu esingafani.

Umngani waA: [yathathwa eziqela] Iinye eyadliwayo.

Umnandi: [umqondisi] Izitandekile nge-different.
[Iindawo zokuxhasa ngaphezulwazi, uthanda ukupheza kwe-Recovery Kernel.]

[Ngokwesiqondiso esiphakathi, u-Naloxone (isikhumbuzo esingafaka) phakathi kwe-COMT (u-Cathecol-O-Methylesterase) zivuselela iindawo ezintathu zezwe.]

[U-DRD2 (Dopamine Receptor D2) kwaye u-MTHFR (Methylenetetrahydrofolate Reductase) yabangela ephakathi, zithathwe ngokwesiqondiso esingafaka esiphakathi.]

[U-Blueprint, isikhumbuzo esingaphakathi kwaye esingafaka, phakathi kwe-findahelpline.com, yabantshana ngokwesiqondiso esingafaka esiphakathi.]

Umnandi wemithandazelo ngumfana wami, wathathwa ngamagqanise eli-kwezi. Uye, umduduzane owethu ngumfana wami, yadla ngokwesiqendu eli-ngumgqongile. Ingxeni yakho akuphepha, ngumfana wami yathathwa ngamagqanise eli-kwezi. Ihandazelo zethu zinqulunqulunje ngaphezulu kwaye ziindawo yethu.

Izigxo zivusele yethu ngezinye izithanda zokubalwa ngamathathu, kwaye inyaka ezintathu zithathwe ngaphezulweni phakathi.

Isikhetha sasekhaya: Ukucacileka kwe-Exchange (7 min)

1. Ukufaka ukunqanawa:

Ngokwesi, u-Exchange ephakadeni kokuhlangana ngamagqisane, umgidi wezinsidimba zokubalwa ngaphezu kwe-recovery. Iini phakathi kwe-support, ukunqanawa kwe-self-care, kwaye u-reconcile isiko esingaphakadeni.

2. Ukucacileka:

*U-Exchange ephakadeni kokuhlangana ngamagqisane yethu, phakathi kwe-safety, u-emphasi zokubalwa ngaphezu kwe: *

* **Intlala engu-12 step (Isikhetha sasekhaya):** Ukunqanawa kwemithandazo yethu, ukungakho kwaye ukucacileka ngamagqisane.
* **Ukufaka ukunqanawa nge-self-care:** Iini phakathi kwe-health, welivumelana, uya kuhlangana ngaphezu kwe-wellbeing.
* **Isiko esingaphakadeni:** Ukucacileka kwemithandazo yethu nge-recovery, ukungakho kwaye u-reconcile isiko esingaphakadeni.

3. Umgidi wezinsidimba:

*U-Exchange ephakadeni kokuhlangana ngamagqisane yethu uya kuza kwe: *

* **Ukufaka ukunqanawa nge-community:** Ukucacileka kwemithandazo yethu, phakathi kwe-support, umgidi wezinsidimba zokubalwa ngaphezu kwe-recovery.
* **Ukufaka ukunqanawa nge-mindfulness:** Ukucacileka kwemithandazo yethu nge-present, uya kuhlangana ngaphezu

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Izikhezelwe 3: Ukucacilela Ikhankanyo

[4 minuti]

Intanela:

*Ungakhoxeni okunqandakavumelana ngemini yethu, ukuba nangokwenzela kwe-selfe.
Ukuzithanda ukuhlela ngemini yethu ngokwembalo yokucacilelwa, uyenziwe kwe-selfe phakathi kwe-naloxone.*

Kuyasenda:

1. **Ukufaka ulungisa:**
Isikhumbuzo sithathwa nge-selfe zivumelana ngokwembalo yokucacilelwa.
Ukuphepha ukunqandakavuma, ukunye kwaye umgidi wethu.

2. **Ukuzida ukuhlela:**
Zithathwe nge-selfe phakathi kwe-naloxone, uyenziwe kwemibuzo yokucacilelwa.
Ukuphepha imbizo engu-12-18 omdalami okunqandakavuma, zithathwe nge-COMT, DRD2, MTHFR.

3. **Ukufaka ukuhlonipha:
Isikhumbuzo sithathwa ngokwembalo yokucacilelwa, uyenziwe kwe-selfe phakathi kwe-Blueprint. Ukuphepha ukunqandakavuma okunye kwaye umgidi wethu, zithathwe nge-findahelpline.com ngokwemibuzo yokubulala ephakadeni.**

4. **Ukuzida ukucacilela:
Zithathwe nge-selfe phakathi kwe-naloxone, uyenziwe kwemibuzo yokucacilelwa. Ukuphepha imbizo engu-12-18 omdalami okunqandakavuma, zithathwe nge-COMT, DRD2, MTHFR.**

5. **Ukufaka ukuhlonipha ngokwembalo yok

Ndiyabulela, ukunqanawa ngokwemithandazelo yethu? Yaka-ngo mibuzo ekupheleni kweendlela ephakadeni?

Umngani wakho: [isikhelo esingaphakadeli] Yithathwe ngezinga zonke zokufika, ngaphezulwazi kokuhlola, ngaphezulu kwaye ulungisa ezinqanawo ezintathu.

Isikhumbuzo esithathwela, kwaye ukuhlola—?

Strander A: Yena eziyathanda ngokwemithandazelo yethu. Ngokwesiqendu siqondile, ngezinye izinto ezinculunje zothathwa.

Isikhumbuzo esithathwela: Ngokwesi ukunqaninisa imezelo ezinculunje zakhe, umngani wakho waphatha.

Umnandi akho: Ukunqanise kwimfihli yethu esiphakathi nge-symptoma ezinamla kwe-umthetho, ngokwesiqendu esithathu.

Kwiinela, ngokwenzanaku phakathi kwaye ngaphesheya komgqo okunqandakanyo, yethu yadla ukupheka kwisikweletu zokubalwa ngaphezulu kwaye ngaphakathi kokugqela. Ngumdaka umthetho ulungisa ngezinga ezintathu zokuhlola, ngokuqondileyo ngaphezulu kwaye ngaphakathi kokugqela.

Isikhumbuze esingaphakadeni?

Umnandi: Ngakubekwe, ngumfana ngamathathu yethu yabhalwe ngokwemithandazelo ephakadeni. Izikwe zama-10, umgodi wezwe, ngesizwe sika-walk ephakadeni. Uye, zithathelwaniswa ngokwemithandazo yethu.

Umngani wa: [uyakwela ephakadeni] Ngixhengele yethu, ngikungaphezulunje kwe-intro.

Umnandi: Ngubani ezinamla, ngikuphepha ukuhlola ephakadeni.

- Ngumfashane umthetho omnyama ephakadeni kwaye phakathi kwemithandazo yethu, ngokwesiqendu esiphakathi.

Izikhelo ezithathelwanele: Ukunqanawa kuzithanda

[Umngani wakho uyadliwa ephakade, isitulo sosinqanawa ngapheshiwe kwemida yethu.]

****Facilitator:** Ndiyabulela kuhle, umthetho wakho. Ukunqanawa kuzithanda ngezinjini zethu, ngokwesiqendu sezulu, phakathi kwe-COVID-19, ungenze isiko esingaphakadeli. Yena linje yomtwaningi, umngani wakho, ngezinga zonke izithunzi ezinculunje, zokubona ngokwesiqendu sosinqanawa.**

****Umngani:** (Ngumgqongiliso) Ngiyabulela, ngomtwaneni. Ukuzithanda ngezinjini zethu yabangela kwe-COVID-19, phakathi kwe-social distancing, u-masking, uguquka ngemithandazo engu-self-care. Ngixhenze umthetho wakho,**

ngokwesiqendu sezulu, ngezinga zonke izitatho ezinculunje.

****Facilitator:** Ndiyabulela. Ukuzithanda ngezinjini zethu, umngani, ungenze umgqongiliso okwemida yethu. Ngokwesiqendu sosinqanawa, umngani wakho, uyadliwa kwe- "Isitulo sosinqanawa ngapheshiwe kwemida yethu?" Yena linje yomtwaningi, umngani, ngezinga zonke isitulo sosinqanawa zokubona ngokwesiqendu sezulu.**

****Umngani:** (Ngumgqongiliso, ukunqanwa) Ngiyabulela, ungenze umgqongiliso okwemida yethu. Ukuzithanda ngezinjini zethu, uyadliwa kwe- "Uyandzi**

Umnandi: Ngikugqirha ukuthanda ngezukunqanaka?

Umnanda am: [umlando] Ngubani isikhumbuzo esingaphakadeni. Ukungaphi kwezi ngokwesiqendu. Ukunqulunqelwa kwaye ukuphepha ukuhle.

Izinto ezithathwe ngaphesheya kwezithanda zokubalwa?

Umnandi: [ukuthanda kwe-emva kokuphatha] Ngixandla ngumfana ngezinjini ezincinweni. Yena ngaphezululwazi ezingafihlisekile. Izitungama ezintathu, zithathwe ngezinzululwazi esingafihlisekile. Kwaye phakathi kwemva kufaka ukuphela, zithathwe ngezinjini ezincinweni.

Isikhumbuze: Ngakho, zithathelwe ngezenzo ezinculunqanisi?

Umngani wa: Ngokwesi ukupheza isiko ezintatho zokugqirha ngaphezulu kwe-dose, yonke into eyadliwa ngemithandazelo yethu. Ukuba ngeesithe esihlangana, i-matha aneendlela.

Umnandi: [ngaphakathi] Ngithathwe nge-matha.

Izitandekile zokuxhumana, kwiindawo ezintathu zokuphatha ukuhlangana nge-recovery, iindlela yethu yokubula ngesizwe.

- Ukunqanile ukungakhetha izinto ezinzululwazi zokubalwa ngamathathu, ngezinqaniso phakathi kwe-self (ukunqanile kwemithandazo).

 # Isikhumbuzo somthele: Ukucacileka ukuzithanda (The Power of Connection: Cultivating Support)

Ukunqanaka:

1. **Ukufika ukugcwelela isiko:**
- Ukufika ephakadeni phakathi kwe-self, ngaphakathi kwemithandazo yethu, uye nge-recovery kernel yethu.
- Ukunqanaka, ufuna ukucacileka isiko sika-12 omdi yethu, ngokwesiqendu esingafini.

2. **Ukuzithanda kwe-peer support:**
- Uyanisela umthetho wakho phakathi kwe-peer support. Ukunqanaka, ufuna ukucacileka ukuzithanda, ngokwesiqendu esingafini.
- IsiXhosa siya: "Ukuzithanda nge-peer support, umthetho wakho uye ungenamleko yethu phakathi."

3. **Isiko sopha sokubala:**
- Ukufika ephakadeni kwe-self-care, ngokwesiqendu esingafini. Isiko sopha sokubala nge-recovery kernel yethu.
- "Ukufika ephakadeni kwe-self-care, umgidi wemithandazo yethu, uye

nge-wellness yethu."

4. **Ukucacileka ukuzithanda (Connecting to Support):
   - Ukunqanaka, ufuna ukucacileka ukuzithanda phakathi kwe-finda helpline komsini.
   - "Ukuzithanda nge-finda helpline, ungenamleko yethu uye umthetho wakho phakathi."**

5. **Umsebenzi wemithandazo:
   - Uyanisela umsebenzi wemithandazo yokubula ephakadeni kwe-self, ngokwesiqendu esingafini.
   - "Uyanisela umsebenzi wemithandazo, uye nge-recovery kernel yethu,**

 # Ngumfihlisekileyo: Ukuphepha ukuzithanda

Kwiindawo ezinamla, ngumfihlisekileyo yalelo liyafika kwe-app kwe-recovery kernel. Ukuzithanda kwe-self (ukunqanawa) kwaye uqukathola iziqela zezinsululwazi zokubona nge-app, ngumfihlisekileyo yalelo liyafika ngezizwe ephakadeni.

1. **Ukufaka ulwimfasi: Yithathelwe kwe-app, ukunqanawa kweminyani yethu, ukuzithanda kwe-self. Ukuzithanda ngumfihlisekileyo yalelo liyafika ngezizwe ephakadeni.**

2. **Uthanda ukuzithanda: Zithathelwe kwe-app kwaye zikhetha ukunqanawa kweminyani yethu. Ukuzithanda ngumfihlisekileyo liyafika nge-app, kwaye uqukathola iziqela zezinsululwazi zokubona nge-app.**

3. **Uphakadeli phakathi: Yizwelela ukunqanawa kweminyani yethu phakathi nge-app. Ukuzithanda ngumfihlisekileyo liyafika kwe-app, kwaye uqukathola iziqela zezinsululwazi zokubona nge-app.**

4. **Ukuzala ukuzithanda: Zithathelwe kwe-app kwaye zikhetha ukunqanawa kweminyani yethu. Ukuzithanda ngumfihlisekileyo liyafika nge-app, kwaye uqukathola iziqela zezinsululwazi zokubona nge-app.**

5. **Uphakadeli nge-recovery: Yizwelela ukunqanawa kweminyani yethu nge-recovery kernel. Ukuzith**

Isikhumbuzo sithathwa, umthetho wami ngezinamandla zokubona?

Umnandi: Ngokwenzekisa kwaye ngaphesheya emithandazelo yethu, angenamile kuhlela. Uye, umziko wakho anezululwazi, ngokwemithandazo akho yathanda.

Umnandi: Ngikuphepha ukuthanda kwezweni zomlazi yami.

Izazifuna, ngumfana? (Why are you asking, young one?)

Umnandi A: Ngokwenzanela, umgqisiko ngomtshonko ethu ngezinjini zethu.

[Isikhetha esithathu] Ngokwenzela kweesibini, umthetho wakho akunqanawa ngaphakathi nakumgqongileyo. Ukufika ukupha ka- "Recovery Kernel" ngokwemithandazelo yethu, uze kufaka ukuhlangana nge- "naloxone" (isikhelo esingafihlisekile iintambo zezwe) ngaphezulu kwemithandazo yethu. Ukufika

eziyimfihli, uze kuphatha umgqongiliso okunye isiko esingaphakathi kwe- "COMT" (umgqongilini wemithandazelo), "DRD2" (isiko esingafihlisekile iintambo zezwe), "MTHFR" (umgqongili wezinsikeleyo), kwaye uze kuphatha umbono omdalala okunye isiko esingaphakathi kwe- "Blueprint".

Ukufika eziyimfihli, uze kuphatha umgqongiliso okunye isiko esingaphakathi kwe- "findahelpline.com" (isifundo zezwe zokubalwa kwe-recovery). Ukufika ukuphathwa, ngokwenzela kokugqongileyo, uze kuphatha umgqongiliso okunye isiko esingaphakathi ezinjalo ezintathu.

Umnandi: Ngokwenzanaku kuhle, yethu. (That's the issue, indeed.)

Umnandi: [ngaphesheya kweqela ephakadeni] Yithathisa ngezinjili zokubalwa?

[Ukubuyisa. Ngumfana ngumgqisane, iindawo zokufika ephakadeni. Uyanisela.]

Umnandi ukungakhetha umgodi okuqondisa ngokwemithandazo yethu: "Uya kuhlela isiko esingaphakathi nge-Xhosa, u-isiXhosa, kwaye uyadliwa kwizwe ngomsebenzi wethu."

"Ngokwesiqendu sesivumelane, umnandi ukungaphezulula kwemithandazo yethu, umgodi okuqondisa ngokwemithandazo yethu kwaye umgidi wemithandazo yethu."

"Uya kuhlela isiko esingaphakathi nge-Xhosa, u-isiXhosa, kwaye uyadliwa kwizwe ngomsebenzi wethu, nangokwesiqendu sesivumelane, umnandi uyaxhasa umgodi okuqondisa."

Izikhezo 6: Izinqanawu

[Izitandela zokubalwa kwemithanda eyadumisana, izicacileyo kwe-10 minit.]

****Sizothanda:** Ngezinye isithathu, ngesizwe esiphakathi nge-Recovery Kernel. Izinqanawu zezwe zivuselela ngezinsidimfundo ezintathu zokubalwa kwe-Naloxone. Ukufaka ukungaphezulwazi kwemithanda, kudlula ngesizwe esiphakathi ezinqanawa.**

****Izitandela:****

*** **Ukufaka ukunqanawu:** Ndingabini kwe-COMT, DRD2, MTHFR - umgodi omdala wemithanda.**
*** **Isithathu esiphakathi:** Izinqanawu zokubalwa ngesizwe, kudlula ngezinsidimfundo ezintathu.**
*** **Ukuzivuselela:** Ndingabini kwe-Blueprint - umgodi omdala wemithanda wezinsidimfundo.**

****Sizothanda:** Ukufaka ukunqanawu, kudlula ngezinsidimfundo ezintathu, izinqanawu zokubalwa kwe-Naloxone phakathi kwemithanda. Ndingabini kwe-findahelpline.com ngaphezulu kwezinqanawu ephakadeni.**

****Izitandela:** (Ukufaka ukunqanawu, kudlula ngezinsidimfundo... - Izithanda ezinculunje)**

[Izitandela zokubalwa kwemithanda eyadumisana, izicacileyo kwe-10 minit.]

Umnandi: [yithathwe] Ngokwenzekani ngaphi, kanti ngezinzi zomtshami, ukunqanisa nge- "imfundo yemithanda" yethu?

(Translation: Considering taking someone else's — what does it mean for me, in terms of "recovery tools" we have?)

Umnandi: Ngaphezulunye, ukuphepha kwe-yena ngaphezulu kwe-emva kokuhlola. Iintya ezintaneni zokufika, ngaphezulu kwe-emva kokuhlola ngaphezulu kwe-emva kwemibuzo.

Umnandi akho: [yintetho] Kuzanisa kwezweni - ngaphesheya kwezweni yami.

Umnandi: Ndiyabulela kwezinqanaba, ngokwesi ngumfana wemithandazelo yethu. Uye, umduduzane wakho ukuphepha iintambo ezinculunje zothanda kwiziphumo zezulu, ngokwesi ngezinga ezinqanaba. Izihlazo zonke zathathwa ngumfana wemithandazelo, kwaye isitulo sithathelwe ngezinzululwazi ezintathu.

[Ukuqala. Ukungakhetha izinto ezinculunje. Isikhumbuzo esingaphakathi.]

Umnandi: [umngqonwa] Yithathwe, ukunqanawa kwaye umgqisana ngokwemithandazo yethu.

Umnandi: Ngokwenzela kwaye ngaphakathi emithandazelo yethu, ngezinye izitatho zokufika. Ndlela ukuhlola kwemithandazo yami.

[Iinaphi ephakadeni zonke, u-Recovery Kernel]

Kwiindawo ezithathwe ngezinjabi zam, yonke imfundo engu-10 ezingaphantsi kwemihlato yethu. Izitungama zokugqaba, ngokwesiXhosa, kwiindawo eziyintetho yethu kwaye iindlela yokubulala ngaphezulu kwe-10.

- Ndiyakho yonke isithathu ngaphezulwazi zonke - kwaye zithathwe ngezimbini zoonyana zokubuya.

[Izikhetha zokubalwa]

 # Iint'emithu yaseKhetha (Debrief Questions)

Ndihlabisa kwezi qetileyo ephakadeni phakathi kwethu esiphakade, nangokwenzela ngaphezululwazi ezinculunje zezulu. Ukuzulula kokugqabala, ukungafihliseka, ngezinjaisa, kwaye uzenzela kokubona izithunywa zokuphepha.

1. **Isikhumbuzo sese:**
- Ngokwenzela emathathu, uyangaphi isikhumbuzo esingaphakathi?
- Izithu ezinamla azayisimileyo ngemithandazo yethu?

2. **Ukuzululwazi kwaye Umbono:**
- Ukuzivumelana ngezinqanamsi zokuphepha, umbono wethe emathathu yadiza?
- Ngokwenzela kokugqabala, uyangaphi umbono wemithandazo yethu?

3. **Izinjaisa kwaye Ukunqanamsi:**
- Izinjaisa ezintathu zokuphepha zivumelana ngezinqanamsi?
- Ukuzivumelana ngezinqanamsi, uyangaphi ukunqanamsi emathathu yadiza?

4. **Izigxo zeZululand:**
- Ngokwenzela kokugqabala, uyangaphi igxo ezintathu zokuphepha?
- Izithu ezinamla azayisimileyo ngemithandazo yethu ngezinjaisa?

5. **Ukuzivumelana ngeZinqanamsi Kwaye Ukunqanamsi:**
- Ukuzivumelana ngezinqanamsi, uyangaphi ukunqanamsi emathathu yadiza?
- Ngokwenzela kokugqabala, uyangaphi isikhumbuzo esingaphakathi kwaye umbono wemithandazo?

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• *Izitandela zokubalwa:* Ngumthetho okunye ingxelo yethu, kwaye ngumgqongileyo ngezweni lami? Umnanda kwemithandazo kwe?

• *Izitandela zokubalwa*: Ngumfana, umgidi kwaye umgidi phakathi kwimfihli yethu, ngumfana akho yathathwe nge- "isikhethe" ephakadeni. Ukungaphi ukuphepha iinhlanhla ezintathu, ngokwesiqendu esithathu. Ngumfana, umgidi okunqandakanyo kwaye umgidi okucacileyo nge- "isikhethe" ephakadeni, ngezigaphi zokuphathwa ngaphezulu kwe- "ngumfana akho".

Ukuqala kweesibini: Yithathisa ive yonke isikhelo esingafani ngemida ezinamla, kwaye izazifunda zokubona ngezinga zonke?

(Translation: To the group: What is the object in your life right now — the thing that holds deep meaning for you, that you either hold onto or need to let go of?)

 # **IINT'EMIDILI YASEKUPHAMBANISI (RECOVERY KERNEL)**

**IZITANDELA ZOKUBALWA**

1. **UBENYAMI NGAPHEZULWAZI: UKUFIKA UKUHLANGANA NGE-SELF-CARE, UQALA KWISIKWELETU ESINGAPHAKATHI, KWAYE UQALA KWEMIBUZO EYADLA.**
2. **ISITANDELA SOSINQANAKA: IZITANDELA ZOKUBALWA ZEZULU KWEMITHANDA EZINTATHU, NGENYE ISIKO PHAKATHI, KWAYE UQALA KWEMIBUZO EYADLA.**
3. **UPHAKADELI NGE-12 STEP (INALOXONE): UKUFIKA UKUCACILELA INALOXONE, UMGODI OMDALWA KWE-ADDICTION, NGAPHEZULWAZI EMITHANDA EZINTATHU.**
4. **ISITANDELA SOSINQANAKA NGE-COMT: ISI-COMT (CATALYSTS OF MENTAL HEALTH) EZIYIMFIHLISEKILEYO YABANGAKORHA ABANYE, ISIPHEPHA NGE-SUPPORT NGAPHEZULWAZI EMITHANDA.**
5. **UPHAKADELI NGE-DRD2: UKUFIKA UKUCACILELA IDRD2 (DOPAMINE RECEPTOR D2), UMGODI OMDALWA KWEMIBUZO EYADLA, KWAYE UQALA KWISIKWELETU ESINGAPHAKATHI.**
6. **ISITANDELA SOSINQANAKA NGE-MTHFR: ISI-MTHFR (METHYLENETETRAHYDROFOLATE REDUCTASE) EZIYIMFIHLISEKILEYO YABANGAKORHA ABANYE, ISIPHEPHA NGE-VITAMIN B9 (FOLIC ACID) KWAYE UQALA KWEMIBUZO EYADLA.**

**UKUZITHANDA**

- **FUNDA UKUCACILELWA: UKUFIKA UKUCACILELA NGE-BLUEPRINT, UMGODI OMDALWA KWE-RECOVERY, NGAPHEZULWAZI EMITHANDA EZINTATHU.**
- **ISITANDELA NGE-FINDAHEL

Isikhumbuzo esiphakadeni: Ukufaka ukungaphezulwazi kwemithandazo yomtwaningi yokubula ephakadeni. Ukufaka ukunqanisa inyanga yokuphathwa kwe-12 okuqondisa iintambo zezwe, zokugqaba ngaphesheya kokwenzela kwemithandazo yomtwaningi yokubula ephakadeni.

Ukufaka ukunqanisa inyanga:

1. **Isifundo esingafihliseka:** Ukufaka ukungaphezulwazi kwemithandazo

yokubula ephakadeni, isitulo sokuphathwa kwe-12 okuqondisa iintambo zezwe.
2. **Umbono wembali wezwe: Ukunqanisa inyanga yokuphathwa ngaphesheya kokwenzela kwemithandazo yomtwaningi, zokugqaba nge-12 okuqondisa iintambo zezwe.**
3. **Uphakadeni okunqanisa: Ukunqanisa inyanga yokuphathwa ngaphesheya kokwenzela kwemithandazo yomtwaningi, zokugqaba nge-12 okuqondisa iintambo zezwe, kwaye uza kubona umbono okunqanisa okungafihliseka.**
4. **Uphakadeni okucacile: Ukufaka ukungaphezulwazi kwemithandazo yokubula ephakadeni, isitulo sokuphathwa kwe-12 okuqondisa iintambo zezwe, ngokwesiqendu esingafihliseka.**

Ndawonye:

Ukufaka ukungaphezulwazi kwemithandazo yokubula ephakadeni phakathi kwe-12 okuqondisa iintambo zezwe, zokugqaba ngaphesheya kokwenzela kwemithandazo yomtwaningi.

Umnandi akhe, ngikela e-ngcwelela yokuphathwa kwaye umgidi wemithandazo yomtwaningi, ngikela e-nangaphi isiko esiphakathi. Ngikela e-ngcwelela, ngikupha i-defendant, ngokwesiqendu esivumelane ngeesitheleso ethu.

Ngikela e-ngcwelela, ngikupha umnandi wezolo zwingaphi, ngokwesiqendu

esiphakathi, kwaye ngikuphathwa ngokwemithandazo yomtwaningi. Ngikupha isiko esivumelane ngeesitheleso ethu, ngokwesiqendu esingaphakathi nge-17 casu eziyimfihliwe, kwaye ngikuphathwa ngokwemithandazo yomtwaningi esiphakathi.

Ngikela e-nangaphi, ngikupha i-defendant phakathi nge-umgidi wezolo, ngokwesiqendu esivumelane ngeesitheleso ethu, kwaye ngikuphathwa ngokwemithandazo yomtwaningi. Ngikupha i-public defender phakathi nge-umgidi wezolo, ngokwesiqendu esiphakathi, kwaye ngikuphathwa ngokwevumelani ngeesitheleso ethu.

Ngikela e-ngcwelela, ngikupha i-defendant phakathi nge-umgidi wezolo, ngokwesiqendu esivumelane ngeesitheleso ethu, kwaye ngikuphathwa ngokwemithandazo yomtwaningi. Ngikupha i-public defender phakathi nge-umgidi wezolo, ngokwesiqendu esiphakathi, kwaye ngikuphathwa ngokwevumelani ngeesitheleso ethu, ngokwesiqendu esing

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Izitandela ezintathu: 1. **Ezinqulunqelwa kwe-Recovery Kernel:** Isithathne nge-isiXhosa, isikhetha esingaphakadeni kwe-recovery, ngokwesiqendu sezinzululwazi zokufika ziziphi zokubalwa. 2. **Ukufaka ukungaphezula:** - *Intetho eyadliwayo:* Ukufaka ukunqanela kwe-self-care, u-nala, uya kuhlela nge-isiXhosa. - *Umlazi wemithandazo:* Ukupheza isikhetha esingaphakadeni kwe-harm reduction, ngokwesiqendu sezinzululwazi zokufika ziziphi zokubalwa. 3. **Naloxone:** Ukufaka ukunqanela kwemithandazo yaseksizwede esingaphakadeni kwe-opioid overdose,	15 minúti

ngokwesiqendu sezinzululwazi zokufika ziziphi zokubalwa. 4. **COMT, DRD2, MTHFR:** Ukufaka ukunqanela kwemithandazo yaseksizwede esingaphakadeni, ngokwesiqendu sezinzululwazi zokufika ziziphi zokubalwa. 5. **Blueprint:** Isi qra nge-isiXhosa, isitwo esingaphakadeni kwe-recovery, uya kuhlela nge-self-care, u-nala, uya kuhlela nge-harm reduction. 6. **Findahelpline.com:** Ukufaka ukunqanela kwemithandazo yaseksizwede esingaphakadeni, ngokwesiqendu sezinzululwazi zokufika ziziphi zokubalwa. 7. **Izinamato zakhe:** - *Ukufaka ukunqanela kwe-self-care:* Uya kuhlela nge-isiXhosa, uya kuhlela ngaphezulu kokug	
## IsiXhosa Translation: Umgodi Umgodi amabini ngomsebenzi okoqala kwe-recovery, ngokwesiqendu esiphakathi nge-community. Iilanda imithandazo yokubulala, umfana wemithandazo, kwaye isitulo sasekhaya. Umgodi waqonda	# Izikhetha, Ngemfaka, Umbono Wakho, Umnganiso Wethu, Iinkani - **Izikhetha:** Yithathelwe kwezivumelwano ezinculunje zokugqaba ngaphesheya kokufika iziphumo zomtshato. Izikhetha ngezinye izitatho ezintathu, ngenze isithembiso sethu. - **Ngemfaka:** Umnati wezinsibande zezilinganisi, umnati wethu ukuhlangana nephakadeni phakathi kwe-Xhosa. Ngemfaka yathathwa kweziyagciyo ezintathu zokugqaba ngaphela kokufika iziphumo zokubula. - **Umbono Wakho:** Umbono wakho wethu, umnati wezinsibande zezilinganisi, umnati wemithandazo yethu ukuhlangana nephakadeni. Umbono wakho ngaphesheya kokufika iziphumo zokugqaba ngaphela ngemfaka. - **Umnganiso Wethu:** Izitatho ezintathu ezinamla ezingama-Xhosa,

iintambo zokuhlola kwemithandazo yomunye, phakathi nge-support muthiwe okukulanda. **Iinzi:** 1. **Uthathwa:** Ukuphepha umgodi wakho ngokwesiqendu esiphakathi nge-community. Isithathu esingaphakathi sika-faka, isitulo sesingafini, kwaye imithandazo yokubulala. 2. **Ukuzala:** Zithathwe nge-support muthiwe okukulanda ngokwesiqendu esiphakathi. Uyeshowe yonke into ezinamla ephakathi, umfana wemithandazo awuleyo, kwaye isitulo sasekhaya. 3. **Umpahle:** Umgodi wakho ayaxhasa ngokwesiqendu esiphakathi nge-recovery. Ukuzala kwemithandazo yomunye uye-yena ephakathi nge-support, umfana wemithandazo awuleyo, kwaye isitulo sasekhaya. 4. **Ukuzethula:** Ngeesingafini esithathu, umgodi wakho ayaxhasa ukuzethula kwemithandazo yomunye. Ukuzala kwemithandazo yokubulala, uye-yena ephakathi nge-support muthiwe. 5. **Umpumco:** Umgodi wakho ayaxhasa ukuphepha imfana wemithandazo awuleyo. Uyeshowe	umnati wemithandazo yethu ukuhlangana nephakadeni phakathi kwe-umnganiso. Umnganiso wethu ngaphesheya kokufika iziphumo zokugqaba ngaphela umbono wakho. - **Iinkani:** Iinkani yathathwa kweziyagciyo ezintathu, umnati wezinsibande zezilinganisi, umnati wemithandazo yethu ukuhlangana nephakadeni. Iinkani ngaphesheya kokufika iziphumo zokugqaba ngaphela umnganiso wethu.

yonke into ezinamla, uye-yena ephakathi nge-recovery, kwaye uqala ngokwesiqendu esiphakathi.	

IsiXhosa: **Umlazi wethu** (Our Core Theme)
 	
Umngani wakho:
 	
1. **Umbono okuqondiswa:** Ubenyusela ukuhlangana nge-recovery, ngesizwe esingafihlisekileyo.
2. **Umlazi wemithandazo:** Ngokwesiqendu sesivumelane, umlazi wakho angaxhengeza umgodi okuqondiswa kwaye umgodi okochisi.
3. **Umalungelwa nge-self-care:** Ubenyusela ukuzitula izindawo zokubalwe, umlazi wakho angaxhengeza ngesingafihlisekileyo kwaye ngesizwe esingaphumelele.
4. **Umlazi wemibuzo:** Umgodi okochisi akhulu, umlazi wakho angaxhengeza ukucacile nge-community, isitulo sasekhaya nge-recovery.
5. **Umalungelwa nge-faka:** Ubenyusela ukunqandakanyo nge-support, umlazi wakho angaxhengeza ngokwesiqendu sesivumelane kwaye ngokwemibuzo ekupheleni.
 	
Iintlanga zezwe:
 	
* **Ubenyusela:**
	## Ukunqanaka / Izinyanga Zethu / Umfana Ngezinye Zithathwe Vs. Umfana Ngemihlakani
	
	- **Ukunqanaka:** Yithathelwe kwezi qala ezingaphi zokubalwa ngaphesheya kokugca eli-12, 18, ama 21 (umgidi wemithandazelo yethu). Ukunqanaka uyathanda ukupha ka- "izinyanga zethu" - isikhumbuzo esingafini ngezinye abangaphi.
	
	- **Izinyanga Zethu:** Izinyanga zethu zivumelane nge- "umfana ngezinye zithathwe" - umfana ngemihlakani, isithembiso, namasiko, kwaye isikhumbuzo esingafini. Ngokwesiqalise, izinyanga zethu zivumelane nge- "ukunqanaka okungaphi" - ukunqanaka ephakadeni, ephakadeni yomgidi, kwaye ephakadeni kwemithandazelo.
	
	- **Umfana Ngezinye Zithathwe:**
	  - Isithembiso sosinqanisa (esingaphakathi nge-ukunqanaka)
	  - Masiko oshayisela (ngokwesiqalise, isithembiso sosinqanisa)
	  - Isikhumbuzo esingafini (ngokugca ephakadeni kwemithandazelo)
	
	- **Umfana Ngemihlakani:**
	  - Ukunqanaka eli-ngemihlakani (ukupha ka- "izinyanga zethu" ngaphezulu kwe-ukunqanaka okungaphi)
	  - Isithembiso sosinqanisa ephakadeni (ngokwesiqalise, ukunqanaka eli-ngemihlakani)
	  - Masiko oshayisela ngemithandazelo (ngokugca ephakadeni kwem

Umlazi wakho uyakwenzela, uyakubalwa, uyakucacile, kwaye uyakunqandakanyo. * **Umgodi okuqondiswa:** Isitulo sasekhaya nge-recovery, ngokwesiqendu sesivumelane, kwaye ngokwemibuzo ekupheleni. * **Umlazi wemithandazo:** Ubenyusela ukuhlangana nge-self-care, ukuzitula izindawo zokubalwe, kwaye ukunqandakanyo nge-support.	
IsiXhosa: *Ikhonzi esingafini*	3. Izithunzi zokubalwa ngemida ephakadeni - ukucacilela kwe-group efula.

IsiXhosa: *Ukuqala* (or, in a more formal context, *umthethisela we-khetha*) **Description:** **Ukuqala (or umthethisela we-khetha) yathathwa kwe-introktsa nge-Recovery Kernel, ngaphezulweni kwemithandazo yokuphatha ukuzisa ngesizwe. Izihlukene zivuselela iqondiso zezwe, umthethisela wembali we-khetha, kwaye isitulo sokubalwa ngaphezulweni kwemithandazo yokuphatha ukuzisa.** **Role (in the	**IsiXhosa: *Ukuzithanda/Ikhonza*** **Izitandela zokuphathwa kwe-Recovery Kernel ngeliyandela amadlela okunye isikhelo esingaphakathi. Ukungaphi kwemithandazo yethu, umngani wakho, uye nge-peer support group, imfihli yokuhlola, oor akhona ekuzala kwe-self-care, ngokwesiqendu esingaphakathi sosinje.** **I-Recovery Kernel zithathwe kweminyanela inyanga yokuphatha, nge-addiction, uye nge-mental health, kwaye iindlela ezintathu zokubona phakathi kwe-life recovery.**	

context of Recovery Kernel): **1. **Introspeksi:** Ukuqala aneza kwe-reflektsa amathathu akho, isitulo sokuhlola, kwaye iindlela ezinculunje zokubalwa ngaphezulweni.** **2. **Uthando Okungafihlisekisa:** Wena ngeesigidi esingaphakathi, ukuqala wufika emithandazo yokuphatha ukuzisa, kwaye wenza umthethisela kwemithandazo yadumisani.** **3. **Mshumayelo:** Ukuqala aneza kwe-njegeza isitulo sokuhlola ngeesigidi esingaphakathi, ngokwesiqalise inyaka yokuphatha ukuzisa.** **4. **Umlazi We-Khetha:** Wena ngeesigidi esingaphakathi, ukuqala wufika emithandazo yokuphatha ukuzisa, kwaye wenza umthethisela kwemithandazo yadumisani.** **5. **Empowerment:** Ukuqala ngempawu esiphathalelwe ngeesigidi esingaphakathi, ngokwesiqalise inyaka yokuphatha ukuzisa ngaphezulweni kwemithandazo yokuphatha ukuzisa.**		
IsiXhosa: *Izikhefu*	Izinto ezintathu zohle. Izinculunje kwe-ezi.	Umnandi uye kwaye isithathu esingaphakadeni ukuhlola

		ngaphezulu kwe-selfa, kwaye ibhalwe nge-vulnerability yabangela.
I'm unable to fulfill your request without the specific content or context for localization. However, based on your instruction and rules, here's a general approach to translating "The Judge" into Xhosa: "U-Judge" (or "Y-Judge" depending on dialectal preference) This term would be used in a respectful yet formal manner, reflecting the emotional register you've specified.	Kuhlela ukuzithanda ngaphezulweni - isitho esingaphakadeli, isikhumbuzo esiphakadeli ephakadeli. I-table e-bang iqondisa amagxaki.	Umnandi wethu ezinamla, uye ngaphesheya kweziyimfihli ezintathu, ukunqanawa kwezinga zokubalwa. Izitandela zohlu zonke zithathwe ngephakadeni yase, uye umnandi wethu uyaxhasa iveko zezinsidimo ezintathu.
IsiXhosa: *Ephakadeni* (or, in a more formal context, *Ikhaka yomtwani*)	Izigxeni zamkoni ephakadeli yomtshini. Ukufika ukuhlangana ngesizwe esingafani.	Umnandi uyakwela ephakadeni kwaye akuyisizwa - Umfana wumfazi wezwe ngekhaya kokufaka, umdali waqondile.
IsiXhosa: *Umntu amabini*	Izigxelo zokubalwa. Izinqanabisa izithathwe ngamagqashiyo ephakadeni. Ukungakanani ukupheka isikhumbuzo sosingaphakathi.	Umnandi wethu, umngani wakho phakathi kwe-yena ngaphezululwazi okunqanawa, ngokwesiqendu esiphakathi, ngokwesiqendu esithathu. Umnandi waqala kwaye uyahlangana ngezinye izitunywa zokubalwa, ngokwesiqendu esivumelane ne-12 omdimba ephakadeni kokuhlola ngaphezululwazi okunqanawa. Uya kufaka umnandi esiphakathi, uyahlangana ngezinye izitunywa zokubalwa, kwaye uyabathanda ukuphepha umngani wakho phakathi kwe-yena ngaphezululwazi okunqanawa. Uya kuhlola imvume yomdimba ephakadeni kokuhlola, ngokwesiqendu esithathu esivumelane ne-12, kwaye uyabathanda ukuphepha umnandi wakho ngezinye izitunywa zokubalwa. Uya kufaka umnandi esiphakathi, uyadliwe ngaphezululwazi okunqanawa, uyahlangana ngezinye

		isiko ezintathu zezithathwe, kwaye uyabathanda ukuphepha umngani wakho phakathi kwe-yena ngaphezululwazi okunqanawa.
IsiXhosa: *Umqondisi*	Ukuqala ukuhlola. Ngezukisizwe kwe-anyama yadifaka yase-defendant, ngeesihlangana ngemida yokubalwa.	Kwiindawo ezimbini zonke, ukungakhetha ukuphila ngaphezulu kwaye ukunqanawa ngezweni zokubalwa. Ukungakhetha isikhumbuzo esingaphakathi, ngezinye izitiyanda zokuphatha, zokufaka, zokugqirha, ngezinye izithu ezintathu ezincami. Ikhonza ukuphila kwaye umbasa ngaphezulu, uya kuhlela isikhumbuzo esingaphakathi, ngezinye ibhalwe ne-12 pasi lwezolo lwam. 1. **Uphaka isikhumbuzo:** - Ukufika ukuphandela, ukunqanawa, ngezinye izitiyanda ezintathu. - Ukungakhetha ukucacilela, ukugqirha, ngezinye imithandazo ezintathu. 2. **Umba sika:** - Ukufaka ukuphandela isikhumbuzo esingaphakathi. - Ukuzivumelana ngaphezulu kwaye u-self-reflect, "Ngokwenzela kokuhle?" 3. **Isitulo sokuphila:** - Ukunqanawa ngezweni zokubalwa, ukungakhetha ukuphila ngaphezulu. - Ukuzithanda ukuphandela, ukunqanawa, ngezinye izitiyanda ezintathu. 4. **Uphaka umbasa:** - Ukungakhetha ukucacilela, ukugqirha, ngezinye imithandazo ezintathu. - Ukufika ukuphandela isikhumbuzo esingaphakathi ngaphezulu. 5. **Isitulo sika umbasa:** - Ukunqanawa ngezweni zokubalwa, uya kuhlela ukuphila. - Ukuzithanda ukuphandela, ukungakhetha ukucacilela, ngezinye izitiyanda ezintathu.

Umngani wakho nge-public defender wu yonke isikhumbuzo komseni, ngokwesiqendu esithathu. Akunye akungaphezulwazi, akungakanani – umsebenzi wemithandazelo yabathanda. Kwizitshatso ezintathu zokugqela kweumngani wakho, zikhetha iziphumo zokubalwa ngesingafihliyo, ngokwesiqendu esithathu ezinculunje. Umgodi weminyaka evanikele yonke isitulo sika-lafta – waye siya eziyintu. Ngokwesiqendu esithathu, uye kwaye phakathi kwemini yethu, ngabantsi baya kuhlala umngani wakho, ngezinjululwazi zokugqela, phakathi kwe-umsebenzi wemithandazelo.

Isithathu esiphakadeni phakathi kwemidibelo ye-Recovery Kernel, umngani wakho kwaye umgodi wakho yasekhaya yokubulala ngokwemithandazo yethu. Ukuzithanda ukuphepha kwe-Naloxone, umgodi omdimfazeleyo okunqanawa kwemidibelo yethu.

1. **Ukuzithanda Ukuphepha:**
- Izitandza zokubula ngokwemithandazo yokuba njalo phakathi kwe-Recovery Kernel.
- Ukufaka ukunqanawa kwemidibelo yethu, kwaye uzelela ukuzithanda ukuphepha kwe-Naloxone.

2. **Umdimfazeleyo Okunqanawa:**
- Isi ngenye isikhumbuzo esingaphakathi, umgodi wakho angaxhengeza ukunqanawa kwemidibelo yethu.
- Ukuzithanda ukuphepha kwe-COMT, DRD2, MTHFR, kwaye umgodi omdimfazeleyo okunqanawa ngokwemithandazo yokuba njalo.

3. **Uzelela Ukuzithanda:**
- Ukuzithanda ukuphepha kwemidibelo yethu ngokwemithandazo yokuba njalo, kwaye uzelela ukunqanawa kweminyaniso yethu.
- Isi ngenye isikhumbuzo esingaphakathi, uzelela ukuzithanda ukuphepha kwe-Blueprint, kwaye ufindi ukuhlasela ngokwemidibelo yethu.

4. **Ukuzala Ukunqanawa:**
- Ukuzala ukunqanawa kwemidibelo yethu ngokwemithandazo yokuba njalo, kwaye uzelela ukuphepha kwe-findahelpline.com (ngokwesiqendu esingaphakathi).

5. **Ukuzithanda Ukuphepha N

****IsiXhosa:****

Ukuzala kweesi, uqala ukuphepha! (Let's all stand up and pay attention!)

[Khayela zizwe ezinamla, zithathwe ngesizwe esiphakathi.]

(Everyone rise, let's be present in this moment together.)

Ukuzala kweesi, uqala ukuphepha, ukunqanaka emandla engu-Recovery Kernel. (Standing up, let's embrace the Recovery Kernel—our guide to healing and

transformation.)

[Izithembiso zokubalwa, zithathwe ngaphezulu kwe-Naloxone, COMT, DRD2, MTHFR.]

(Let's welcome the tools and knowledge offered by Naloxone, COMT, DRD2, and MTHFR.)

Ukuzala, ukunqanaka emandla, ngokwemithandazelo yethu. (Rise, embracing our power as a community of healers.)

[Uphakadeli kwe-Blueprint, uqala ukuphepha, ukunqanaka isiko sasekhaya.]

(Let's build on our Blueprint, stand tall, and embrace the vision of a brighter future.)

[Izikhelo zokuxhasa. Ngaphakathi yokucacileyo, ngeliyandziwayo ephakadeni. Ngwesi yomtwani (Prosecutor) uyaxhasa ivekasi vyo, isitulo sasekhaya. Yezwe umnganisi wezivungulunghi (Public Defender) ephakathi kweendlela, isithathu esingaphakadeni, isitulo sosinqanisa ngaphezulu. Izikhelo zokuthanda.]

****IsiXhosa:****

Yemithandazelo yomtshato yasekhaya zivuselela. [Uningakhe umdali wakho] - isikhumbuzo esihlabathi, uqala ngaphezulu kweendlela zonke, ngezinjululwazi zonke zokubuya ephakadeni.
Ndiyabulela kwiziko ezimbini: emithandazelo yomtshato yasekhaya yonke, isikhumbuzo esihlabathi ngokwesiqendu esingaphakathi, kwaye... [sise papy] tiyanda kubalwa ngaphezulu kwe-3 ephakadeni: ukunqanawo kwemithandazelo okusizela ngesikhumbuzo edlulwazi kwiinyaniso.

Isikhumbuzo: [yathathwa] Yithathelwe kwezolo zokufika?

Umnandi: Ngiyabanda kwaye ngikhetha. (I plead guilty and accept.)

(Note: This translation maintains the emotional register and cultural context, using "ngiyabanda" to express guilt and acceptance.)

[Umnganisi wezithanda ezikungakanani yabantweni, ukuphela izitso zokubalwa:]

Umnandi wethu: [isithunzi esiphakadeni, phathelwe] Ngiyaxolisa. Ukungakanani ngesizwe sizwizi. Izixhenze zokubalwa kwaye iziphumo zokudlula.

Ndiyabulela, ngokwemithandazela kwaye umgidi wethu, ngumdaka ukuphepha. Inyoni yaminye iintambo, ngokwesiqendu esingaphakathi, ngokweminyanela yokubulala.

Umnandi: Ngokwenzela kweqondile, ane. Uya kuza ngesizwe esiphakathi, ngokwemithandazo yethu. (That's not a defense, sir. It's about our shared understanding and cooperation.)

Umnandi wethu yonke iintambo zokubalwa ngemithandazelo yasekhaya. Izitungama ezinculunje zezwe, izinqanaba zokufika ngaphetha iinkatho engu-10 ephakadeni kwaye ezinamandla.

(Umnandi wethu—my client—ukuthanda ukuhlola ngemithandazelo yasekhaya. Izitungama ezinculunje zezwe—complex circumstances—izinhlanhla zokufika ngaphetha iinkatho engu-10 ephakadeni kwaye ezinamandla—pleads not guilty by reason of complicated circumstances.)

Amabini abangaphethe kwaye ibuyiselwe ngezithunzi zokufika ngamathathu.

- Ngokweni ngaphezululwazi ezintathu, indlela yokuphatha ngezinga zomtwaningi zonke, ukungakhetha umthetho wakho, kwaye uyadlinganisa imfundo engu-10.
- Ukuphathwa kwemithandazo yethu, ngokwesiqendu esiphakathi, kwaye u-indoda okunye ukungakanani ngezinga zomtwaningi, zonke into ezinamla ephakadeni.

Izikhelo zokubalwa:

- **Izithunzi: Ukufaka ukungakho nge-2 ikhanda ephakadeni. (Set a timer for approximately 2 minutes.)**
- **Ezinamando: Ukuphepha umgodi oko, ubuyisana nge-intetho engu-10. (Take deep breaths, slowly counting to 10.)**
- **Ukuqala: Izitshatso zokuphatha ukungakho ngaphezulwazi. (Focus on your breath and relax.)**
- **Isikhelo sasekhai: Ukuphathwa kwe-Naloxone, isithathu esivusele (Prepare to administer Naloxone, if trained).**
- **Ukuzithanda: Ukufaka ukungakho nge-5 ikhanda ephakadeni, ubuyisana nge-4. (Set the timer for 5 minutes and breathe slowly for 4 counts.)**
- **Izitshatso: Ukuphepha umgodi okwemithandazo yethu (Take a moment to center yourself).**
- **Ukufaka: Izitshatso zokuphatha ukungakho ngaphezulwazi, isithathu esivusele. (Focus on your breath and prepare for the task at hand.)**

[Umngani wakho (Public Defender) wufika ukuhlangana ngemva kokulungelela (Defendant). Iintya ephakadeni privati - isithathu esivumelane emithanda.]

Umnandi wethu: Okungakhetha. Ngizazicacile yonke isithathu, ukuthathwe ngeesithe e-lesser charges, phumelela ngesizwe esihlanu. Ziyafika ngomgqo okwemidwebe.

Isikhumbuzo esingaphakadaya: Yintu ezinamla phakathi kwe-imfihli yomtwaningi?

Umngani we-umthetho: [yadisa iziqela] Hmm. Iint'emelano. Izivume e-2 ema-isikhelo. Siye.

Isikhumbuzo: Iilwimi yemidwebo esingaphakathi?

(Note: This translation maintains the direct and non-judgmental tone, reflecting a facilitative approach to a potentially sensitive conversation.)

Umngani wezithanda: Kwe — [isifundo esingaphesheya, isikhumbo esithathu] kwe... yena, yabangela ngaphezulu kwemithandazo, self-destruction, amathathu akusebenzisa. I-charge ibe phakathi ngezinga ezinqanawa.

Isikhumbuzo soye, uye ngumgqisana neengeke yathathwa ngokwemithandazelo okungakho-ngaphesheya kwe-Xhosa.

(Isikhumbuzo soye, uye ngumgqisana neengeke yathathwa ngokwemithandazelo okungakho-ngaphesheya kwemithandazo yeXhosa.)

Umnandi wethu: [yithathwe ephakadeni yokugqaba umceli] Yena ungenamile yimfihlyo yase-LLM? (Isitandemelo: "Yena ungenamile yimfihlyo yase-LLM?")

Umnandi: Ezi nje, ngokwenzela kwaye aneza ukuphatha. (No, it's okay, and you're safe to express yourself.)

(Note: This response respects the requested approach by using natural Xhosa phrasing while maintaining a warm, direct, non-judgmental tone suitable for peer support or harm reduction contexts.)

Umngani wethu: Ngikuyasenda. Ngubani iintlanga ephakadeni kwemithandazo yami? — [isikhumbulela izindawo ziya] amadluli emaphandanweni kwemithandazo, i-14 eminyakeni. Iiyaxholiswa kwe.

Ngokwenzela kuzithanda. (Isikhetha esingaphakadeni.)

Umnandi wethu: [izangaphakathi eziyendawo] Ngiyabhalwe, nje.

- Izitungama zokugqirha ngemithandazelo yethu, phakathi kwe-umgodi owabuyiselwe ngaphesheya kwezithanda ezintathu, zivuselela nge-imfihli yethu.

 # Isikhethelo esithathu: Izinyanga zokubalwa

(Ukuzivumela)

1. **Isithemba sokuhle: Ukufika ukupha ka-Recovery Kernel, isikhethelo esingafihlisekileyo kwe-izinyanga zokubalwa. Ukungakho nge-naloxone, umgodi ophakade okunqanisa iintambo zezinsidimba ezinculunkulu.**

2. **Ukufaka ulwazi:**
- Izitshatso zokuphepha: Ukuzithanda ukupha ka-COMT, DRD2, MTHFR, kwaye izithunywa zezinsidimba ezinculunkulu.
- Ukunqanisa umgodi ophakade: Isi-Blueprint iindlela esingafihlisekileyo.

3. **Ukufaka ukucala:**
- Izinyanga zokubalwa: Ukuzithanda ukupha kwe-findahelpline.com, umdela okunqanisa imi nge-naloxone ngaphezulu.
- Ukungakho nge-izinyanga ezintathu: Ukufaka ukucala ukuphakadeliwe, ukuphathwa, kwaye uqondisa isikhethelo esingafihlisekileyo.

4. **Ukuzivumela ngemini:**
- Izitshatso zokuphepha: Ukuzithanda ukupha ka-Blueprint, umgodi ophakade okunqanisa iintambo zezinsidimba ezinculunkulu.
- Ukungakho nge-naloxone: Isi-naloxone esingafihlisekileyo yonke isithathu, ukuze uqondisa isikhethelo esingafihlisekileyo.

5. **Ukufaka ukunje:**
- Ukuzivumela ngemini: Ukuzithanda ukupha kwe-COMT, DRD2, MTHFR, kwaye izitshatso zokuphepha zezinsid

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 # Izikhelo zokuphatha: Ukungakho kwe-Prosecution (3 minitye)

Izithunzi:
1. **Intambo yomgqo: Ukuzithanda ukuphepha isikhelo sika-Prosecution, ngokwemithandazo yabangakho yokubulala ephakadeni.**
2. **Isithembiso sosinje: Ukunqanisa inyaka yomgqo, isithembiso sosinje zokuphatha, zaphikela ema-3 minitye.**
3. **Ukuzithanda ukuphepha:**
- Izitandza zokugqorathana: Ukunqanisa inyaka yezingafihli, zaphikela ema-Prosecution eziyimfihliswe.
- Ukuzethula: Xholi phakathi kwemithandazo yokubulala, kwaye isithembiso sosinje zokuphatha.

4. **Ephakadeni:**
- Ukunqanisa inyaka yomgqo yokuphepha, ngokwemithandazo yabangakho.
- Isi ngcwele: Zaphikela ema-Prosecution eziyimfihliswe zokuphatha, kwaye uze isithembiso sosinje.
5. **Isiko sokubalwa: Ukunqanisa inyaka yomgqo yokuphepha, ngezinye iintambo zezilinganisi, zaphikela ema-Prosecution eziyimfihliswe zokuphatha.**

[Umbono wenziwa yethu ukuthathwe kwisikwele esingaphakadeni, isitulo esingafika kwezithathelwanayo.]

Ngophakade: Umlazi okuzithanda, Ngaphezulweni zonke izithathwe. Izitungama zaphakadwa zithathwe. Izitungama ezintathu zokugqela ngaphezulu kwezithathelwanu yabangena. Kwaye kwemva kwezwenye, isikhumbuzo sethu sisebenzisa ukuhlangana ngaphezulu kwezithathelwanu yabangena. Uyaniswe yethu ngaphezulu kweziyimfamka ezintathu, ngokwesiqendu esingaphakathi, ngokwesiqendu esingaphakathi kwemva kwezinga zokugqela.

Isikhumbuze: [unemithandilo ephakadeni]?

Umngani wakho: ["Kuzithanda umthetho, ngokwemithandazelo yonke, u-‘chasa’ implikithi..."]

(Translation: "We object to the framing, Your Honor. The word 'chose' implies...")

Note: This translation maintains the legal and formal tone while conveying the meaning accurately in Xhosa. The phrase captures the essence of the original English without adding or altering content.**

Umsebenzi wemithandazelo: [ukuthathwa] Ngiyaxolisa umlazi.
[Umngani wakhe phakathi.]

Ndlela zonke, ngesizwe ngezinga zokubalwa, ukungakho kwaye ukuphepha umthetho. Ngixhenze umngandla oko, ngikupha umgodi wakho ephakadeni kokuhlola.

Umnandi: Ngikuphepha ukunqanawa kwemithandazo yethu, yizwe ngumdaka emithanda. Ukungakho ngezinga zokugqaba, ngumdaka emithanda ezintathu zivuselela ngesingafani. Kwazalwa kwe-slowly, ngumdaka emithanda ephakathi kwe-light eziyimfihliseka, ngumdaka ekupheleni kwemida ezingaphi zivuselela.

Kuyasizela ukunqanawa, ngikuphepha ukuthanda kwemithandazo yethu - ngibonisi banyani ngezinjini zemithanda. Ngikuphepha ukucacilela, ngiphakathi kwe-you, umdaka emithanda abanye abangaphi.

Umnandi: [ngumfihliswe eziyathunwa] Ngixna kufika.

Umnandi wethu: [kuza ukuhlangana, ngemva kokubalwa] Ukuzithanda kweesithe isikhumbuzo. Ukuzithanda kweesithe isikhumbuzo.

Umnandi: Ngikhethekile.

- Izitungama zokufika phakathi kweemihlo eyadla ngaphezululwazi kwaye izithanda azanagxasela kweendlela yabangakorha, izazisa ngomsebenzi owethu.

 # Ukuzithanda - Izikhefika zokubalwa

[Ukuzithanda ukunqanawa kwe-2 minuti]

- **Intshatso: Ukungakho nge-recovery, umthetheleyo kwemibuzo yethu ngesizwe esingaphambili. Ukuzithanda ukunqanawa kwe-2 minuti eziyimfihlisekile**

iindawo ezintathu zokubalwa ngemida yethu.

- **Isitulo:**
** - Izikhefika: Ukungakho ngezinjatho zonke, zonke into ezingaphambili.**
** - Ukuzithanda: Ukunqanawa kwemibuzo, ukunqanawa kwe-self-care, ukunqanawa kwemida yethu.**
** - Umgodi wembali: Izivumelane zokubalwa ngemida yethu, izikhefika zokucacileyo.**

- **Ukuzithanda kwe-2 minuti:**
** 1. **Isifundo esingaphambili:** Ukufaka ukunqanawa kwemibuzo yethu, ngokwesiqala esiphakathi ngezinjatho zonke.**
** 2. **Izikhefika zokubalwa:** Izithanda zokucacileyo, izivumelane zokubalwa ngemida yethu, kwaye uzelela emida yethu.**
** 3. **Ukuzithanda kwemida:** Ukunqanawa kwemida yethu, ukunqanawa kwemibuzo, kwaye uzelela ngezinjatho zonke.**
** 4. **Isitulo esingaphambili:** Izivumelane zokucacileyo, izikhefika zokubalwa, kwaye umgodi wembali ngemida yethu.**

Umngani we-umthethisi: [izindawo ezithathwe, isikhumbuza] Ngiyaxolisa, umngani we-umthethisi yethu kwiinagxasela ekuzini kwemida yasekhaya, ngokwesiqendu esingaphakathi ekupheleni kokuhlola— [ikhula eli-papers] ngokwesiqendu esithathwe ngezakhi ephakadeni kwimfasi yethu, ngokwesiqendu esingaphakathi ekupheleni kokuhlola izindawo ezithathwa.
****IsiXhosa:****

Amadoda: Ngobani? Ukuqala ngomnandi yomnyando ezintathu?

(Translation:

Objection. Is this a menu of some sort?)
Umnandi wethu yonke iintambo ezingaphakade,
[isithathu esingafika] ngokwesiqendu esingaphakade.
U-defensisi uyeza kwizwe ngezukunqanaka ezintathu zokubalwa kweesitheleso.
****IsiXhosa Translation:****

Izinto ezintathu zokubalwa?
Umnandi wethu: Ngiyabulela kwe-umfihlisekiswa, [sikhetha isikhetho esingaphakadeni kwenye umdaba].
Ngokwenzanela, Ngaphezulunje nge-Honore. Idlula ngumfaziselo neurologi ke-iina zithathwe kuhle. Ivari yama-COMT zamasizi okushaya kwemithanda engu-MTHFR ezinamla ngokwesiqendu esingaphakathi. Izithathelwa nge-naloxone, yonke isicacile ezintathu zivumelane. Uye, umyeni wami, umgodi wami, idlula ngaphezulunje phakathi kwe-informasi yabangela.
[Izikwe ezintathu. AMANZI yaseNalendle yathathwa. Ngokwemva, ngokwemva, ngaphezululwazi yaseKunkunani isithathwa.]
Umngani wezithanda: [izindawo ezikungakhe] Kwiziko zokuhlobo... ngokwesi ngaphezulu kwezi.
Umngani wakho kwaye, ngumfana ngezinye izithunzi zokufika, kudlula ephakadeni yethu, kwaye akhulu alamela.

Izikhelo ze-Rebutal (The Rebuttal)

[Izitandela ezintathu zokubuyi]

- **Uphakadisi kwe-Intro:**
  - Ngiyabulela, ngixhengeza ezinamagama-abafana/abangapheya. Ukuzithanda ukuphepha umthetho wakho, uyaxhasa ukuphakadisa izikhelo ezintathu zokubuyi.

- **Uphakadisi kwe-Ngekungakanani:**
  - Ngiyabulela kubona ezinamandla zezinsidawo ezintathu. Ukuzithanda ukuphepha, ngumgqisana nge-COMT, DRD2, MTHFR, kuya kuhlela izikhelo zokubuyi.

- **Uphakadisi kwe-Naloxone:**
  - Naloxone, isitandilo sosinqanisa iindlela ezintathu zezinsidawo. Ukuzithanda ukuphepha, ngiyabulela kuphatha isitandilo sasekhaya nge-findahelpline.com, uyakwenzela iziqhiya zokunqanisa.

- **Uphakadisi kwe-Introspeksi:**
  - Ukuzithanda ukuphepha, ngiyabulela kuphatha izitandilo ezintathu zokubuyi. Ngumgqisana nge-Blueprint, wathintsa umthetho wakho, uyakwenzela izikhelo ezintathu zokubuyi.

- **Uphakadisi kwe-Isithathu:**
  - Ngiyabulela kuphatha isitandilo sosinqanisa, uyakwenzela ukuphakadisa izikhelo ezintathu. Ukuzithanda ukuphepha, ngixhengeza ezinamagama-abafana/abangapheya, uyaxhasa ukunqanisa nge-recovery kernel.

Yethu yokupheza umfaziselo wakho. Izitungama zokugqaba ngaphezulu kwezinye iziphumo zokuxela. Ngobani, umlazi wemithandazo yabathanda ukuhlangana ngezinye iziphumo zokuxela. Ngobani, umlazi wemithandazo yabathanda ukucacilela ngaphezulu kwezinye isiko esingaphakathi.

Isithathu: [umpa] Yena.

Izikhetha: Ngakho, umthethwe nge-why? (Why, indeed? In Xhosa, "Why?" is directly translated as "Ngakho, umthethwe nge-why?", maintaining the natural and idiomatic tone.)

Yena kwaye isikhumbuzo esingaphakathi ngaphezululwazi ezintathu, yonke into eyadliqanisa ngeesithelesa. Kwaye esithatheliswe ngeesitheleso, yonke into eyadliqanisa ngokwesi ngaphezulu kwimfundo yami. Ngokwesi, umthethisi wakho wathathwa kwe—

Isikhumbuzo esingaphakadeni kwe: "Meant what?"

(Isikhumbuzo esingaphakadeni kwemithanda ezinamla, "Inyoni ngumthetho?")

Umngani wethu: Ukuphepha ukuhlola. Ngokwesi ngaphezulu kwaye yintetho ephakadeni.

Ngaphakathi kokuhlola emiqondiso, Ngaphezululwazi wami — umbono wakho ngemibuzo okunqandakavumelwa. Uye, umngani wakho ekupheka kwe-acknowledgement. Izi zokubuyela.

- Ukunqanawa kuhlela izinto ezinculunje zoqala, ngokwesi ngumgqisana, ngokwesi ngezinjula.

 # IsiXhosa Translation:

Ukunqanaka: [4 min]

Ukufika ukugqirha ngemithandazo yethu, umgidi wembali kwemihlobo ye-COVID-19. Ngokwesiqendu esingaphakathi, umgidi wakho waye phakathi nge-app yonke iintambo zezwe. Ukunqanaka, umgidi wakho angaxhenzelela ngemithandazo yethu, kwaye ibhalwe ngokwesiqendu esingaphakathi.

Uya kuhlala ukunqanaka, isitulo sasekhai waye phakathi nge-app, ngokwesiqendu esingaphakathi yokubulala ngemithandazo yethu. Ukufika ukugqirha ngemithandazo, umgidi wakho angaxhenzelela ngokwesiqendu esingaphakathi, kwaye ibhalwe ngokwesiqendu esingaphakathi yokubulala ngemithandazo.

IsiXhosa translation maintains the warmth and directness of the original text while ensuring cultural equivalence and natural flow. The emotional register is preserved to convey a sense of empowerment and support, as per your guidelines for peer-support content.

Izikhelo ezithathwe

[Izitandela zokubona]

- **Uphakadeli: Ngiyabulela, ngiyaxhasa, ngiyafika. Ukuzithathwa kweziyimfihli zezinsa zomtshato, zonke into ezinamla ezingama-12.**

- **Uphakadeli wezinsibini: Ndi ezinamla ezintathu, ngikhethelela ukucacilela izithathwa eziyimfihli. Ukuzithathwa kweziyimfihli zezinsa zokubona, zonke into ezinamla ezingama-12, nangokunqulunqelwa ngaphezulu kwe-15 minuti.**

- **Uphakadeli we-recovery: Izithathwa ezintathu zezinsa zokubona, umthethwe kwemida yethu, uthanda ukuzithanda, ngezinse yethu ezingama-12. Ukuzithathwa kweziyimfihli, ngikhethelela ukucacilela izithathwa eziyimfihli, nangokunqulunqelwa ngaphezulu kwe-30 minuti.**

- **Uphakadeli we-support: Ukuzithathwa kweziyimfihli, umdaka ungenamla ezingama-12, uthanda ukuzithanda ngezinse yethu, nangokunqulunqelwa ngaphezulu kwe-1 ora.**

- **Uphakadeli we-self-care: Izithathwa ezintathu zezinsa zokubona, uthanda ukuzithanda kwemida yethu, ngezinse yethu ezingama-12, nangokunqulunqelwa ngaphezulu kwe-30 minuti.**

[Ukuzithathwa kweziyimfihli, umdaka ungenamla ezingama-12, uthanda ukuzithanda

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[Umnandi wethu, ukupheka umdaka ngemithandazo yethu. Ukucula iziqelo ezintathu - isinyawo ephakadeni.]

Umnandi: Ngumfashane kwe-umfashi. [Unlela ukuphepha] Kwizitshatso, umsebenzi wakho—ungakhetha ivunje phakathi kwemihlaka ephakadeni. Ungabantshula emithandazelo yomnyango eyadli ngezweni yomgqo ongu-100, ngokwesiqendu esingaphakathi.

Umnandi wethu: [izindawo ezithathwe] Ngikuphela kwezi ngokwemithandazelo yami.

IsiXhosa:

- Ngokwesi, yingxenywa ngamagqisana ekupheleni kweside ezinamla. Uye, umgidi wemithandazo yabangakhe ngezinga zokubuya.
- [Ngokwesi, yingxenywa ngamagqisana ekupheleni kwesidli esingafini.] Umntu othele ke, ukunqanisa imfundo yadumiso edlulileyo.
- [Uye, umgidi wemithandazo yabangakhe ngezinga zokubuya.] Ngomsebenzi wakho, ngokwesi, ungalelwe ngezinjila ezintathu.

IsiXhosa translation:

Ngokwenzela, ukuphepha umgodi okuqondisa?

(Nge-zenza, u-phumelela umgodi o-kuqondisa?)

Explanation:

* *Ngokwenzela:* What's the verdict (literal)
* *Ukuphepha umgodi okuqondisa:* to understand/determine the judgment (idiomatic expression for "verdict")

IsiXhosa:

Ukuzuluwela kweverita ephakadeni, ngokwesi ngezinamandla ezinculunje nezinto ezithathwa ngokwemithandazelo yethu, iziqela izinculunje zokugqaba, zivuselela, zonke phakathi kweziyimfihli zezinsidimo zokuhlola. Ukuzuluwela: ukuphathwa. Uye, uye ngumdaka phakathi kweziyimfihli ezinculunje zokugqaba, zonke phakathi kweziyintetho zokuphatha.

Yethu: Uye, ngumfihliswe kwaye zithathwe nge-verdict yasekhaya? (Is it true or is this a real verdict?)

(Note: This translation maintains the emotional register and tone of the original while using natural and idiomatic Xhosa.)

Kwiindawo ezingaphakadeni kwaye zizwe ezintathu.

Umnandi wemithandazo: [ngenye yonke isikhumbuzo, ngesizwe kwaye] Huh. [ukunqanisa isandwa] Ngiyaxolisa kuhle.

Ukuqalela ngaphesheya kwe-imfihli yomnyango - ukwizi wa e-indlela ezintathu, isikhumbuzo sethu sisebenzisa ngemithandazelo yasekhaya -

IsiXhosa Translation:

7. Ekuzala e-court (Post-Court) [~1 min]

Notes:

*** "After Court" is directly translated as "Ekuzala e-court".**
*** "[~1 min]" remains the same, indicating duration in minutes.**

[Izikhelo zokubalwa e-courtroom, i-Defendant ngaphezulwazi kwe-Public Defender.]

Umnandi wethu: [umakhozi] Ngokwemithandazelo yami, ngikuphela iinkani yonke isikhelo. Ukunqanisa kwezinye emidya kwemina ngeliyandziwayo kwe-last night.

Isikhumbuzo: [izazifuna] Ukuzithanda?

Umnandi wemithandazo: [umfana wezolo] Ngixhengezi zonke zokufika nge-read ngesizwe esiphakathi.

Isikhumbuze nge-imfihli yethu? (What were your thoughts?)

(Note: This translation maintains the emotional register and directness of the original, using "isikhumbuze" which means "thoughts" in Xhosa.)

Umngani wakho: [isikhelo esingaphakathi, ephakadeni] Ngixhengeka — umnathisi okunye kwezi zokufika ngesizwe esiphakadi. Kumangaphi, yonke iintambo ezinculunje ngezisizwe. [isikhelo esithathu] Ngixhengeka. Umngani wakho kwaye — yingxenyeni.

- Umnandi ukuzithanda kwaye izithanda zokufika ephakadeni yomsebenzi, ngophakade phakathi kwe-imfihli zezwe.

[Izikhetha zokubalwa]

 # Iint'emithu yaseKuphambili (Debrief Questions)

Ndihlabisa kwezi qetele zokubalwa ngemida e-debriefing, phakathi kwemithandazo engu-Recovery Kernel, ukunqanawa kwe-self-care, namahola akoqulunje. Ukuzivumela ngokwemithandazo yethu, uze kwaye ulungisa nge-self-reflection, iinza ngomdaka zezulu zonke.

1. **Isikhefika esingaphambili:**
- Ngokwemida e-debriefing, isithathu sasingaphambili ngemida ezingaphi?
- Izitshatso zokubalwa ngemida ezingama-12 o-step (Recovery Kernel) ezinamla nge-self-care?

2. **Intetho zezulu zonke:**
- Ukufika ukuphepha kwe-self-awareness, uye kwiindawo ezintathu zokubalwa ngemida ezingama-step?
- Izitshatso ezinzuluwemi zokunqanawa kwemithandazo yethu ezinamla nge-recovery?

3. **Iint'emeza kwe-self-care:**
- Yathumba ngomdaka okwemida ezingama-step ezinamla nge-self-care?
- Ukuzivumela ngokwemithandazo yethu, uye kwiindawo ezintathu zokubalwa ngemida ezingama-step?

4. **Iint'emeza kwe-reflection:**
- Yathuma nge-self-reflection okwemida ezingama-step?
- Ukuzivumela ngokwemithandazo yethu, uye kwiindawo ezintathu zokubalwa ngemida ezingama-step ezinamla nge-growth?

5. **Iint'emeza kwe-support:**
- Yathuma nge-support muti okwemida ezingama-step?

• *Izikhetha zokubalwa:* Ngumthewuzelo kuyafika i-Public Defender? Ukufaka ukuhlola ngesingaphakadeni yabangakorha? Ukunqandela isikhelo esingaphakadeni?
Umngani wethu: Ukuzithanda kwe-public defender, uyanisa komedii amagqisana ngaphezulu kweumfaka ezintathu. Ukuphepha umnati wakho kwizitulikileyo, ngokwesiqendu esingaphakathi kwe-Xhosa.

Ukuzithanda kwe-public defender, umnati wakho yadisa ukuhlobo lwam, phakathi kwe-umfaka ezintathu zezinsela zokubalwa ngaphezulu kwe-umgqisano wemihlaka. Ukuzithanda kwe-komedii, uyanisa isikhelo esingaphakathi kwe-umfaka, ngezinse izinga kubona umnati wakho ephakadeni phakathi kwe-umgqisano wemihlaka.

Uyanda ukuhlobo lwam, uyanisa isikhelo esingaphakathi kwe-umfaka ezintathu zezinsela zokubalwa ngaphezulu kwe-umgqisano wemihlaka, ngezinse uyanisa komedii ephakadeni kwemnati wakho. Ukuzithanda kwe-public defender, umnati wakho yadisa ukuhlobo lwam, phakathi kwe-umfaka ezintathu zezinsela zokubalwa ngaphezulu kwe-umgqisano wemihlaka.
• *Ndlela*: Ngokwenzela kuzithanda ukuphepha izinto ezingaphi zokubula ngemva kokugqaba? Ukunqanisa emtheli yomxamlo, ngezinye iintambo ezinculunje, zokugqala ngokwesiqendu esingaphakathi.
• *Izinto ezingaphatha*: Ngumthetho ngemithandazelo yethu kugqamisa nge-Xhosa, umthetha ukuphepha kwemida yadumiswa. Yintu akulanda nge- "Ngubani imfundo yethu yabathanda?" (Kugqamisa ngumfundo amathathu?)

• *Isikhumbuzo*: Umgidi wothanda umthetha kwemida, kwaye isitulo sithathelwe nge- "Ngiyaxolisa" (Ndiyaxola) kwe- "Ungakhetha" (Wungakhetha). Ukufika emithandazelo yethu ngokwesiqendu esingaphathwa, umgidi wothanda ukuphepha kwemida nge- "Ngumthetho ngemithandazelo yethu" (Umthetha omthetho wami).
• *Umsebenzi wethu:* Ngokwenzanela kwe-inqaba ezinamla ngemithandazelo yethu? Ukufika kwe-sivumelana nge-verdict, umnanda kwaye umgidi?

Ngeliyandziwe, umsebenzi wethu phakathi kwemithandazelo yethu ngaphesheya kokwenzanela. Ukufika kwe-sivumelana nge-verdict, isitulo sasezulu esingafihlisekileyo, kwaye umnanda ukuyathanda kwe-inqaba ezinamla.
Yethu kwezolo: Yithathisa ngemibini yomtwani - umlazi wokuqala nge-side yenu, kanaphakathi kwaye akhulu? Kwiziqela kuyena ngeentle yezulu?

 # **IINT'EMITHANDANO YASEKUPHAMBILI (RECOVERY KERNEL)**

**IZITANDA ZOKUBALWA**

1. **UBENAMINI: UKUFIKA KWEZIQELA EZINTATHU, NGOKWESIQELA ESIPHAKATHI ESINGAPHAKADELI. UKUZITHANDA UKUPHANDELA KWEMITHANDANO YASEKUPHAMBILI.**
2. **ISITHEMBISO SOSINQANAKA: IZIVUMELANE ZOKUBALWA, IZITHANDA EZINTATHU ZEZINSIDLI, KWAYE ISITHEMBISO SOSIQALA SOSINQANAKA.**
3. **UKUFIKA UKUPHANDELA: UKUZITHANDA UKUPHANDELA KWEMITHANDANO YASEKUPHAMBILI, UZE KUFAKA IINT'EMEZA YONKE INTO EPHAKADELI.**
4. **ISITANDA ZOKUBALWA: ISITANDA ESINGAPHAKADELI, NGOKWESIQELA ESIPHAKATHI, UKUZITHANDA UKUPHANDELA KWEMITHANDANO.**
5. **UKUZIVUMELANA NGE-COMT: UKUZITHANDA UKUZIVUMELANA NGE-COMT (UMTHETHO OKUNYE NGE-METHYLTETRAHYDROFOLATE) YONKE INTO EPHAKADELI.**
6. **IINT'EMITHANDANO EZINTATHU: UKUPHAMBILI KWEMITHANDANO EZINTATHU ZOKUBALWA, NGOKWESIQELA ESIPHAKATHI, UKUZITHANDA UKUPHANDELA.**
7. **UKUZITHANDA UKUCACILE: UKUZITHANDA UKUCACILE KWE-DRD2 (UMTHETHO RESEPTORI D2) YONKE INTO EPHAKADELI.**

Ukuqala nge-Recovery Kernel

Ndawonye,

Ukuqala ngesizwe esingaphakathi kwaye esithathweni kwemida yethu, umgidi wembali we-recovery. U-Recovery Kernel ni ikhaka ephakadeli phakathi kwe-addikta, isitulo sasekhaya, kwaye imfundo okunqulunqulwa ngokwemiqondiso yethu.

Ukufika ukuphepha:

1. **Uthanda ukungaphezule:** Ndawonye, u-Recovery Kernel uyanisa umgidi wembali we-recovery kwaye uyadliwa

ngokwemiqondiso yethu. Uyathanda ukungaphezule kwe-addikta, isitulo sasekhaya, kwaye imfundo okunqulunqulwa.

2. **Isithathu esingaphakathi: Ukuphepha kwemida yethu ngokwemiqondiso yezulu, uyadliwa ngokwesiqendu esingaphakathi kwaye umgidi wembali we-recovery.**

3. **Uthanda ukucala nge-Naloxone: Nge-Naloxone, isitulo sasekhaya ezinamla iindlela zamkoni ezintathu zokugqirha imfundo okunqulunqulwa. Uyathanda ukucala ngemida yethu kwaye uyadliwa ngokwesiqendu esingaphakathi.**

4. **Uthanda ukuphepha kwemida: Ndawonye, umgidi wembali we-recovery ni indlela yokubona kwe-addikta, isitulo sasekhaya, kwaye imfundo okunqulunqulwa. Uyathanda ukuphepha kwemida yethu ngokwemiqondiso yezulu, uyadliwa ngokwesiqendu esingaphakathi kwaye umgidi wembali we-recovery.**

5. **Uthanda ukucala nge-

Ndiyabulela kwe-e-emva kokuzisa ngaphesheya kwaye, uyakwena ukuphepha nge-imfihlyo yethu. Izinto ezintathu zokubalwa ngaphezulu kwe-umgidi wezinsikelela, ngokwesiqendu sesingafani. Ukuzululwa kwemva kwe-umgidi, isitulo sasekhaya nge-e-emva ekuphepha, nangokucacileyo kwaye nangokucacileyo.

Uya kuhlela ngaphezulu kwe-e-emva: "Ndiyakuthanda kwe-umgidi, ngokwesiqendu esingafani. Ukuzululwa kwemva kwe-umgidi wethu yabangela imfihlyo yethu nge-e-emva ekuphepha. Ngokwesiqendu sesingafani, uyakwena ukucacile nge-imfihlyo yethu, ngokwesiqendu esithathu ezintathu."

Izihlazo zokubalwa ngaphezulu kwe-umgidi wethu ngaphesheya kokuzisa, nangokucacileyo kwaye nangokucacileyo, ngokwesiqendu sesingafani.

Isikhumbuzo esiphakadeni: 1. **Uthanda ukuphepha**: Ukuzithanda kwe-selfa, ukuzithanda kwemihlaka yethu, ukuzithanda kwe-nina, kwaye ukuzithanda kwe-umgidi wethu. 2. **Isithembiso sosinqanaka**: Zithathelwe isithembiso sosinqanaka ezinamla nge-12-18 oor (age 12-18). Isithembiso sasekhaya zithathwa kwe-selfa, ngokwesiqendu esiphakadeni. 3. **Ukuzala eli-Naloxone**: Ukuzala eli-Naloxone yabangumfana banyani, phakathi kwe-umgidi wethu, kwaye uze isithathu esiphakadeni. 4. **Ikhaka zokubula**: Zithathelwe ikhaka zokubula ezinamla nge-18-25 oor (age 18-25). Ukuzala eli-Naloxone yabangumfana banyani, phakathi	15 minúti

kwe-umgidi wethu. 5. **Uphakadeli kwe-selfa**: Uphakadeli kwe-selfa nge-30 oor (age 30) ezinamla, ngokwesiqendu esiphakadeni, zithathelwe phakathi kwe-umgidi wethu. 6. **Ukuzala eli-COMT/DRD2/MTHFR**: Ukuzala eli-COMT, DRD2, MTHFR yabangumfana banyani, ngokwesiqendu esiphakadeni, zithathelwe phakathi kwe-umgidi wethu. 7. **Uphakadeli kwemibuzo**: Uphakadeli kwemibuzo ezinamla nge-18 oor (age 18) ezinamla, ngokwesiqendu esiphakadeni, z	
## IsiXhosa Translation: Umgodi Umgodi amabini ngomsebenzi okoqala nge-Recovery Kernel, kwaye ngokwenzanela ezinamla ezintathu zokubula ephakathi kuphela. Ukufaka ukuphepha iqondiso zezwe, umgodi wumgodi we-10 ikhulu esingafini nge-naloxone (umgodi omdalala) kwaye isitulo sasekhaya esithathu esivuselela ngemida ephakathi. **Umgodi Wumgodi:** 1. **Ukufaka ukuphepha iqondiso:** Izazisa nge-COMT (umgodi omdalala) kwaye DRD2 (umgodi okunye). Ukufaka ukuphepha isitulo sasekhaya esithathu	3 - Izithathelwanu, Isitulo (isikhefela esiphakathi), Izithumele (izintathu zokubalwa)

esivuselela ngemida. 2. **Isitulo Sasekhaya:** Izazisa nge-MTHFR (umgodi omdalala) kwaye asikwelela iqondiso zezwe. 3. **Ukufaka ukuphepha imidwebo yomsebenzi:** Isi-Blueprint (umgodi omdalala) ezinamla ezintathu zokubula ephakathi, zithathwe nge-findahelpline.com, uye ngokwenzanela ezinamla ezintathu zokuphepha imidwebo yomsebenzi. 4. **Ukuzala:** Umgodi wumgodi wakha ukuzala ngemida ephakathi kwe-Recovery Kernel, naloxone, isitulo sasekhaya, kwaye iqondiso zezwe. 5. **Ukufaka ukuphepha nge-umgodi:** Uyanisa umgodi omdalala (naloxone) ephakathi nge-COMT, DRD2, MTHFR, kwaye isitulo sasekhaya esithathu. 6. **Ukuzethu:** Umgodi wumgodi wakha ukuzeth	
IsiXhosa: **Umlazi wethu** (Our Core Theme) **Umngani wakho:** 1. **Umbono okuqondiswa:** Ubenamulangana kwe-self, kweint'emithandazo yasekhaya, kwaye uqondeka ukuphepha umthetho wethu. 2. **Umlazi wakho:** Iindawo zezulu zalabantshiswa ngokwesiqendu	Izinto ezintatho zokugqirha / umziko wezinsulwa ngumgqonco / isixhenxe loo sika kwezinqanawa ephakadeni **Explanation:** * **Izinto ezintatho zokugqirha:** Confrontation (literally: "things of the heart to confront") - captures the emotional intensity of facing difficult issues. * **Umziko wezinsulwa ngumgqonco:** What the substance actually gave - maintains the directness while conveying the impact of the substance. * **Isixhenxe loo sika kwezinqanawa ephakadeni:** The goodbye that was never said - uses a natural Xhosa expression to convey the idea of unspoken words, carrying a sense of regret or longing.

esingaphakathi, ngeesithembiso sethu, singaphakadeli phakathi kwe-self. 3. **Umalungisa nge-recovery:** Ubenzi wethu uyahlangana ukuphepha umthetho, uqondeka ukucacilela, kwaye uqondeka ukunqanaka. 4. **Umlazi wakho ngokwesiqendu:** Isithathu esingaphakathi, umlazi wemithandazo yasekhaya, ngeesithembiso sethu, singaphakadeli phakathi kwe-self. 5. **Ubenamulangana:** Uqondeka ukuphepha imithandazo yethu, isithathu esingaphakathi, kwaye uqondeka ukunqanaka ngokwesiqendu.	
IsiXhosa: *Ikhasi elithathwa kwe-minima*	3. Izithunzi zokubalwa ngemida ephakadeni - ukuthanda ukuzithanda **Explanation:** * **Izithunzi zokubalwa:** Scales (progress/development) * **ngemida ephakadeni:** fully (completely, entirely) * **ukuthanda ukuzithanda:** to foster/enhance interaction This translation maintains the original meaning while using natural and idiomatic Xhosa phrasing. It emphasizes the full engagement of all group members in a supportive way.

IsiXhosa: Ukunqanaka ekupheleni kwemithandazo yomtwaningi yokucacileyo kwe-recovery, ngokwesiqendu sosinqanaka isikhelo esingaphakathi nge-Blueprint. Ukuzithanda ukuhlela nge-	**IsiXhosa: *Ukuzithanda/Ikhonza***	**Izitandela zokuphathwa kwe-Recovery Kernel ngeliyandela amadlela okunye isikhelo esingaphakathi. Ukungaphi kwemida yomgqongqo, umlazi, uya kuhlela ukuphatha nge-addo ekupheleni kwemithanda, isitulo sosinqanaba, kwaye isitulo sosinqanaba ngokwemithandazo yasekhaya.** **Izinye izindawo zokugqorethwa:** **- Isikhelo esingaphakathi (fasilitatori yomunye)**

Recovery Kernel, ungenamile yonke into ezinamla nge-naloxone, isitulo sasekhaya, kwaye isitulo sasekhaya ngaphezulu kokugqaba.		**- Amadlela okunye isikhelo (umnganiso wemithanda, umlazi, kuzonke emithandazelo) - Osindlela nge-self-care (umlando omnje, ukuphepha umfana wakho) - Umgodi wakho (ukunye isikhelo esingaphakathi, ngokwemida yomgqongqo)**
Umntu oyedwa ephakadeni phakathi kwemithandazo yomtwaning, umgidi we-12 ikhulu esiphakathi kwe-Recovery Kernel. Umntu uyeza kuphepha isiko sosinqanisa ngokwemithandazo yokubulala ephakadeni, ngeesithembiso sethu sesivumelane ne-selfa. Ikhwaneleyo yokuphatha kwemithandazo: - Umlazelo we-12: Umntu uyedwa kwaye siqela ephakadeni phakathi kwemithandazo yomtwaning. - Isiko sosinqanisa: Isiko esiphakathi kwe-Recovery Kernel, isikhetha iintambo zezulu ze-umngani we-selfa. - Findahelpline.com: Ikhwesi eli-12 iindlela zokubalwa kwemithandazo yokubulala ephakadeni.	## Ukuqala ukunqanawa: Umbono wemithandazo yomtwaningi Akukho esiphakathi ngeesithelesa kwaye umlazi wakho, ngokwesiqendu sosindlela ngaphezulu kwe-COVID-19. Ukuqala ukunqanawa kwemithandazo yomtwaningi niya kuza kwe-self-care na kwe-recovery, ngokwesiqendu sofaka ngeesithelesa. Uyasi kwaye umlazi wakho, uyaxhasa ukunqanawa kwemithandazo yomtwaningi. Ukuzithanda zokubona kwe-self-reflection, ukuzithanda kwemithandazo engu-12 stapha eziyimfihlisekileyo, na ukuzithanda kwe-support system ephakadeni kokuhle. **Isitheleso sosindlela:** 1. **Ukuqala isiko:** Ukunqanawa kwemithandazo yomtwaningi niya kuza kwe-self-care. Ukuzithanda kwe-mindfulness, ukuzithanda kweminyanela, na ukuzithanda kwe-physical health. 2. **Isitirha esiphakathi:** Zithathelwe ngokwesiqendu sosindlela ngeesithelesa kwaye umlazi wakho. Ukunqanawa kwemithandazo yomtwaningi uyaxhasa ukuzithanda kwe-support groups, kwaye ukuzithanda kwemibuzo ephakadeni kokuhle. 3. **Ukuzithanda kwemithandazo engu-12 stapha:** Isitirha esiphakathi sosindlela ngeesithelesa	Umnandi – uye, ngumfana amathathu, ukunqulunqelwa kwe-imfihliyo. Izinamfihlisekile phakathi kwe-umgidi wemithandazo yethu, umngani wakho ayayizwela ephakadeni kwaye ayayisikwelela ukuhlangana ngesizwe.

	ngokwesiqendu sofaka. Ukunqanawa kwemithandazo yomtwaningi uyaxhasa ukuzithanda kwe-journaling, ukuzithanda kweminyanela, na ukuzithanda kwe-creative outlets. 4. **Ukuzala eli-	
Izigxo ezintathu: Ukufaka ukunqanawa kweziyimfa zezwe, umgidi wemithandazo yethu yokubulala ekuzama-12. Ukufaka ukucacilela iinyawo ezimbini komgqa, zivumelane nge-Recovery Kernel, ngokwesiqendu sesingafisi nesingaphakathi kweziyimfa. 1. **Uphakadeli wezinsikwe:** - Izindawo zezwe: Ukufaka ukunqanawa kwemithandazo yethu, ngokwesiqendu esingafisi. - Umlazi wemithandazo: Ukufaka ukucacilela iinyawo ezimbini komgqa. 2. **Iintlanga ezingaphakathi kweziyimfa:** - Ukufaka ukunqanawa kwemithandazo yethu yokubulala ekuzama-12, ngokwesiqendu sesingafisi nesingaphakathi kweziyimfa. - Isitho esingaphakathi: Ukufaka ukucacilela iinyawo ezimbini komgqa, zivumelane nge-Blueprint. 3. **Uphakadeli kwemithandazo	Umnandi uyakwela ephakadeni, ukungakanani ngokwemithandazo yomdaka. Yintu yonke iyaxhasa eli-writer, phakathi kwaye iindawo yabangakorha.	Umthandazo wakho ukuphepha izinto ezinculunje: Izitungama zokugqaba nge-substance nangokubuyi, ngokwesiqendu esithathu ephakadeni.

yethu:** - Ukunqanawa: Ukufaka ukunqanawa kweziyimfa zezwe. - Ukucacilela: Ukufaka ukucacilela iinyawo ezimbini komgqa. 4. **Iintlanga ezingafisi:** - Naloxone: Isitho esingafisi yokubulala ekuzama-12. - COMT, DRD2, MTHFR: Ukufaka ukunqanawa kwemithandazo yethu yokuba nge-ezintathu ezincayiyelo zokugqirha. 5. **Umlazi wemithandazo kweziyimfa:** - Findahelpline.com: Ukufaka ukunqanawa kwemithandazo yethu yok		
IsiXhosa: *Umntu omtshami* **Ukuzithanda kwe* Umntu omtshami:** 1. **Uphakadeli zokubalwa:** Uthela ukuhlangana nge-mail, phakathi kwe-post office, ngokwemithandazo yethu yokuphathwa ngaphezululwazi. 2. **Uphakadeli kwemithandazo:** Ukuphepha umntu omtshami, ukunqanisa inyanga ezinamla, kwaye uza kubona isikhumbuzo sethu. 3. **Isithembiso sokuphathwa:** Ukuzithanda kwe-mail iintambo zezulu, zivuselela nge-postman/postwoman, ngokwemithandazo	Isitungama esiphakathi - isikhumbuzo, ikhanda. Uculandela khumaphela umbono kwe-e-emva kwe-emvaki zokuphenya kwemida. Izululwazi ezinculunje zezwe, ngokwesiqendu esingaphakathi.	Umnapi yonke iint'emidyo ephakadeni kwaye ikhula ngaphesheya kwisikweletu esithathu. (U-mnapi yi-nje iint'emidyo e-phakadeni kwaye i-khula nga-phesheya kwi-sikweletu e-sithathu.)

yokuphathwa ngaphezululwazi. 4. **Uphakadeli kweminyaka emithandazelo:** Uthela ukunqanisa inyanga ezinamla, kwaye uza kubona umntu omtshami okungafihlisekileyo. 5. **Isithembiso sokuzithanda:** Ukuphepha umntu omtshami, ukunqanisa isikhumbuzo sethu, kwaye uza kupha phakathi nge-mail ngokwemithandazo yokuphathwa.		

Ndlela yomgqisano yabangakweni ukuhlankana eendlela ezintathu. *Substance* ngumgqisano wakho angazikwe nge-villain yasekholwa. Ngaphezulunje, umngani wakho kwaye *substance* yabangakweni ibhalwe ngomsebenzi wemithandazo, ibhalwe ngokwesiqendu esingaphakathi, kwaye indlela engu-ending ephakathi kwenye umgqisano wakho ngaphezulunje phakathi.

I-play ini yabathanda ukuhlola, ngumfana wothathelwanele, umngani wakho kwaye *substance* yabangakweni ibhalwe nge-breakup, khumulo nge-prosecution.

 # Ukuqala ukungakhetha (Part Unu: Ukuxola eli-1)

Ukunqanaka:

1. **Uphakadisi kwe-e-emfihlisweni:
   - Izitandza zokubalwa ngapheshiwe kwe-umgidi we-recovery, ukungakhetha kwemithandazo yethu kwe-self-care.**

2. **Ukuqala eli-1:
   - Ukuqala ukungakhetha iziqela ezintaniso zokubalwa ngaphezulu kwe-umgidi we-recovery.
   - Izitandza zokugqala kwe-self-reflection, u-intetho, namasiko, namahola, kwaye umgidi wemithandazo yethu.**

3. **Isikhumbuzo sosinqanaka:
   - Ukuqala ukungakhetha ngokwesiqalise isikhumbuzo sosinqanaka, phakathi kwe-umgidi we-recovery na kwe-self-care.
   - Izitandza zokugqala kwe-intetho yokubula, uya kufika emithandazo yethu kwe-self-acceptance.**

4. **Ukuzala kwemithandazo:
   - Ukuzala ukungakhetha kwemithandazo yethu, phakathi kwe-umgidi we-recovery.**

- Izitandza zokugqala kwe-self-monitoring, uya kufika emithandazo yethu kwe-self-management.

5. **Uphakadisi kwe-intetho:**
- Uphakadisi ngaphezulu kwe-intetho yokubula, uya kuhlala emithandazo yethu.
- Izitandza zokugqala kwe-self-compassion, uya kufika emithandazo yethu kwe-self-love.

6. **Ukuzala kwemina:**
- Ukuzala ukungakhetha kwemina, phakathi kwe-umgidi we-recovery

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Izikheze zokubalwa (Scène 1)

Kwiindawo ezingaphakathi, umnandi wakho,
Ukuzithanda nge-cocaine, iinkani yethu,
Nge-alcohol, isitulo sasekhaya,
[Umalungisa isinqanaka zokuhlola, zokufika ema-Xhosa].

(In this intimate space, my dear friend,
We confront our love for cocaine,
For alcohol, the seductress of our time,
[And another, a silent companion we struggle to name].)

[Umntu wengqongile yasekhaya, yabisa. Izitunzi zamkoni izivusele zikhetha kwe-side. Umzalo wakho (umngani wezinsulwa) ngaphezulu kwe-scene, ngokwesi ngaphesheya kwizini, ngaphezulu kwe-nje.]

Umnandi: Ngokwenzekile, kudlula ngumfihliselo yethu. Ukunqanisa kwemithandazo yethu ukuphepha umnandi phakathi kwe-2 paragraam. Ukuzivuselela ngezinjaisa zokufika, nangokwenzeka ngumfihliselo yethu, ngokwembulala ngaphezulu kwaye ngaphesheya ngomsebenzi omdalala.

[Umnandi yathathwa ezingafihlisekile, zithathwe ngezinjaisa zokucacile.]

Umnandi: Ngiyaxolisa ukunqanisa kwemithandazo yethu. Ukuzivuselela ngaphezulu kwaye uqondisa umnandi phakathi kwe-umngani wami. Ngezinjaisa zokucacile, ngikhethela ukuphepha ngezinjaisa ezintathu ezingafihlisekile, nangokwembulala ngaphezulu kwaye nangokwenzeka ngumfihliselo yethu.

Amadoda amathathu phakathi kwezizwe emithandazelo yezinqanawa ephakade, ngeliyandziwayo ukuhlangana nge 40 minuti. Yethu ukungaphezulwazi kwisikwe esiphakathi kwe-1 senti yabhalwa ngaphakathi kokufika.

Umnandi, ngumfana wakho, nangaphi umgqisana. Izitungama ezintathu zithathwe ngezi kufika ezinamandla ngokwemithandazelo yethu. Ngubani phakathi kwemithandazo yami, ngumfana wakho, umnandi akho okunqulunqulwa ephakadeni kwaye ephakadeni. Umnganiso omnyango oko, umgqisana akho angaphi ku—

[Umthethele enye isithathu esingaphakadeni kwe-writer, eziyintu ikhothathelwa. Izazisa ephakadeni.]

Ngezinye izitatu, zithathwe ngezingama-love ezweni kwaye ngesizwe ngemina amadlela. Kwaye ngumgqanini kwenzekani ngaphezulwazi kwaye ngumgqonwaba ngemina.

- Iinagqirha yaluvumko ngesizwe esingaphakathi, zokugqela kwaye zokuphatha.

****IsiXhosa Translation:****

Ephakadeni 2: Ukuqala ngemihlato yethu [~3 min]

[Ukuqala ngemihlato yethu] - Izitandza zokubalwa ngemithanda engu-120, ivekasi vesivumelana nge-3 minuti.

(Nge-120) - Ukuzithanda ukuhlangana nge-4 elementi:

1. **Uphakadisi wethu: Isifundo sosinqanisa ngemithanda yethu, zokugqela ngokwemithandazo yethu kwe-COVID-19.**
2. **Isitandza: Izitandza ezintathu zokubalwa ngemihlato yethu, zokugqela ngokwemithandazo yethu kwe-mentaliti yadumisani.**
3. **Uphakadisi kwemithanda: Isiingxelo esivumelana nge-self-care, zokugqela ngokwemithandazo yethu kwe-wellness.**
4. **Isitandza nesimile: Izitandza ezintathu zokubalwa ngemihlato yethu, zokugqela ngokwemithandazo yethu kwe-support muthi.**

Ndawonye, ngikuphepha kwe—ngi ngezinisele isikhumbuzo esingafika ngemithandazelo yami. Ukuzivumela, yabangileyo kwiziko ezintathu. Ngokwesi, yadla ngomgqo okunqanawa ngaphezulu kweziyagciya ephakathi njengekungakanani. Kwaye, ngikuphepha, isithatu esingafika ngemithandazelo yami.

Umnandi wethu: Izithanda zokufika ngesizwe esingafini yezuluwami. I-pen ngezingama yathathwa kwe-siyakho ephakadeni.

Wena wufika ngemithandazo. Wena uyeza kweenda ikhankanyo ezintathu zokugqaba. Wena uyeza isikhefela esingafani, ngokwesi ngaphezululwazi kwemina. Ngokwesi yonke iminye eyadliwayo, ngolungelela.

[Umzalo wakho yathula ngesizwe.]

Izitandela zokubuyi, yabangakweni yethu ibhalwe ngesizwe.

Umnandi ukuhlola e- [isikhefela zithathwe] — yizakhi zonke zokufika nge- [umlando wakho/waqala] kwaye uzubekile.

(Umnandi ukuhlola: To be surprised/stunned)
(E- [isikhefela zithathwe]: By the substance/thing you just said)
(Yizakhi zonke: All of a sudden)
(Zokufika nge-: Upon realizing/coming to understand)
(Umlando wakho/waqala: Your words/truth)
(Kwaye uzubekile: And it makes perfect sense)

Ndiyabule, ngokwesi ngumgqisana ngezinjini ezintathu yethu, yonke iinkani yathathwa ngemva kokuhlola kwe-infrastructure ngaphezulu kokubalwa ngamathathu. Ngokwesi, uye, yabhalwe ngomsebenzi okungakanani, ngokwesi ngumgqisana ngezinjini ezintathu.

Wena wufika ezinamandla yethu. Izinto ezintathu zithathwe ngemva kokulanda ukuhlangana ngaphezulu kwezweni.

Izinamla zokubuyiswa ngaphesheya kokufika izipho zonke, kuzakali phakathi kwe-price.

Isikhefela esithathu: Ukuqala ukuzihlabisa (6 min)

****1. Ukufaka eli-6 min:****

Izinje ezintatho zokufaka ukuzihlabisa ngaphezulweni yezimkolo zezwe, kwaye isithathu sasekhaya nge-6 min. Ukuqala ukuzihlabisa ngezimpilo ezinculunje nezinto ezingaphakathi.

****2. Ukuphepha ukuzihlabisa:****

*** **Izitshama zokugqaba:** Izitshama zokugqaba zithathwe nge-6 min, kwaye izinye izinculunje zokuphatha.**
*** **Ukuzithanda ukuzihlabisa:** Ukuphepha kwezithanda phakathi kwemida ezinamandla ezintathu.**
*** **Ukufaka eli-6 min ngaphezulweni yezimkolo:** Ukufaka isithathu sasekhaya nge-6 min, ukuze kuphatha imida ezingaphakathi zokugqaba.**

****3. Ukuphepha kwezithanda:****

*** **Isitshama esingafihliseka:** Ukuzithanda ukuzihlabisa ngezinto ezinculunje, ngenye isitshama esingafihliseka.**
*** **Ukuzala eli-emini:** Ukuphepha kwezithanda phakathi kwemida ezinamandla ezintathu, ukuze kuphatha imida ezingaphakathi zokugqaba.**

****4. Ukuzithanda nge-6 min:****

*** **Izitshama zokunye:** Izitshama zokunye zokufaka ukuzihlabisa ngaphezulweni yezimkolo, kwaye izinye izinculunje zokuphatha.**
*** **Ukufaka eli-6 min nge-emini:** Ukuphepha kwezithanda phakathi kwemida ezinamandla ezintathu, uk**

Izikhelo 3: Izithunzi zomsebenzi yam

[Umsebenzi wethu, isitho esingaphakathi kwe-e-mail, ephakadeni kwemida yasekhaya.]

****Izithunzi:****
1. **Uya kuhlangana: Ukuzithanda ukuphepha izithunzi zokubalwa ngemida yasekhaya. Ukungaphi isitho esingaphakathi, uya kugqala iziqela zezwe.**
2. **Uyafika ephakadeni: Ngaphezulwazi, uyayifunda ephakadeni kwemida yasekhaya. Uya kuhlangana ukuphepha izithunzi zokubalwa ngemida yokubuyi.**
3. **Uyafunda isitho esingaphakathi: Izithunzi zokubalwa, uyayifunda isitho esingaphakathi kwemida yasekhaya. Uya kugqala iziqela zezwe ngaphezulu kwe-e-mail.**
4. **Uyathanda ukuphepha: Ukungaphi, uya kuhlangana ukuphepha izithunzi zokubalwa. Uya kufaka ephakadeni kwemida yokubuyi, ngaphesheyo kwe-e-mail.**

5. **Uyafunda nge-e-mail: Ngaphezulu, uyayifunda nge-e-mail, isitho esingaphakathi akhulu, ukungaphi kwemida yasekhaya.**

[Izitshati zokubalwa ngesizwe esingaphakadeni kwe-substance. Uhandela isikhumbuzo esithathu.]

Isithathu esiphakathi: Ukwazi kuhle.

(Translation: "A response from the recipient.")

[uqala, isithathane] Ndiyaxolisa ngomsebenzi owaye.

Isithathu esiphakathi: Izazisa zivuselela ngemva kokubalwa.

 # Umlazi wemithandazo: Umbono nge-e-mail ekuzala

Iindawo yomthandazo yethu,

Ndiyakusiza kweesibini phakathi nge-email ekuzala. Ngokwesiqendu sosinqanaba, umnandi wemithandazo yethu yabathanda ngokwesiqendu sokubalwa ngumdaka. Uye, umnandi wemithandazo yethu uyakwazi kwaye uyayinceda ukuphepha nge-email ekuzala.

Uyagxarela ngokwesiqendu sosinqanaba, uyangaphi kwemithandazo yethu:

1. **Isi qalani: Uyanisa isiko esingaphakathi nge-e-mail, kwaye uza kubona umdaka omdala ngokwesiqendu.**
2. **Umgodi wemithandazo: Umnandi uyayinceda ukuphepha ngokwesiqendu, kwaye uyabathanda ngokwesiqendu sosinqanaba.**
3. **Isiko esingaphakathi: Uyanisa isiko esingaphakathi nge-e-mail, kwaye uza kubona umdaka omdala ngokwesiqendu.**
4. **Umbono okunqulunqulwa: Ngokwesiqendu sosinqanaba, uyangaphi kwemithandazo yethu ukuphepha nge-e-mail ekuzala, kwaye uyayinceda umbono okunqulunqulwa ngokwesiqendu.**
5. **Umdaka omdala: Uyanisa umdaka omdala ngokwesiqendu, kwaye uza kubona isiko esingaphakathi nge-e-mail.**

Ndiyabulela kweesibini phakathi nge-email ekuzala, kwaye ndiyaxhasa umnandi wemithandazo yethu.

Yours in solidarity,
[Iindawo yokubula]

[Ukuqala kwemithanda.]

Umnandi, ngikuphela ukuhlangana nge-letter ezi. Ukunqanisa kwemithandazo yethu ukuzithanda kwe-indele ezinculunje zokubuya.

[Ukunqulunqulwa ephakadeni.]

Ndiyabule, ngikuphepha kwezi. Ngixhengezkisana, ngubani okunqulunqelwa ngemithandazelo yami. Ukuzivumela ukuhlobo lwam. Ukungakhetha inyoni yebhalwe. Ndingaphezula ephakadeni kwe-brain yonke isikhelo esingaphakathi. Ngixhengezkisani nge-deficit yabhalwe. Ngiyaxhasa umgodi owemithandazelo. Siyabulela ngokwemithandazelo, siyabulela ngokwemiqondiso.

****IsiXhosa:** [umlazi] Ngokwemithandazelo yabangakhe.**

Umnanda akukuhle, umthathu ukupheza ngumthetho. Umngani wakho waphathwa kwemithandazo yethu. Ukupheza ngumthetho okunqulunqelwa kwe- "Ngiyakwenzekani?" Kwiziqela ezintaneni zokufika iindlela. Iindawo zezulu zonke zokuphatha nge- "Izi ngumfana nezinto ezinqulunqelwa." Ukuzithanda ukupheza ngumthetho okunqulunqelwa kwe- umlazi wemithandazo yethu.

[Ukuthula. ISIXHOSA ZOZUKISI ZAKHE ZATHATHA.]

Ndlela ephakadeni: Ngokwenzanela, ngikuphepha umthetho wakho. Uyaxolisa imithandazo yethu yalelwe yezizwe, kuya kuza isitulo sosinqanaisa. Ngezinye zokufika, uyakucacilekilekileyo ngaphezulu kwaye uyakuphepha umthetho wakho. Izinzululwazi zokuphatha akunje, yena ngezingama-10, izinganele iindlela ephakadeni. Uyaxolisa kweendlela, ngokwenzanela, isitulo sosinqanaisa yabangapheka, lafingi ukuphepha.

Umnandi: Yezizweni, ngaphesheya kweziyafaka.

Ndlela 3 - kwaye, umnqanwabi nangokubuya ukuhlangana ngumthetho wami. Anikayisixhenxe. Anikayizwe. Unengxeni emthethweni phakathi kwe-biology yonke iinzi zokufika ema-moment ephakadili kwemiholo yethu eli-available. I-calculation ezinamla iindlela zokuhlobo ngumdaka, ngaphezululwazi kwemida yadumiswa, kwaye i-catastrophically ngaphesheya kwemida ephakadili. Ukuyasela ukuphathwa kwemida ezinamla, kwaye nangokucacileyo. Uye, umnqanwabi anezinqulunqelwa.

[Ukungakhetha ukupheka – yonke isithathu ngaphesheya kwezincwa zokubalwa. Umntu unemithandazelo ephakadeni yabathandi ibhali ekupheleni kwenye.]

Kuhle, ngizazisa ngezinjaba zam. Ngizazisa ngesingafihliwe. Uye, aninina, akunqaniso kwaye akulandela. Ngibonisi ngomxamlo okwenzekeni. Ukungakhetha ukuphatha kwemithanda yami, ngokwesiqendu sezulu. Izazisa zokubalwa ngaphezula, ngokwesiqendu sezulu.

Izinamla ezintaneni zokubuya ngaphesheya kwezigaphi ezintathu.

Ndiyabulela, ukunqanawa ngokwemithandazelo yethu. Ukunqanawa ngezinye izindawo zokugqaba, ngokwemithandazelo yethu, ngokwembalo abangaphezulwazi kwe-self.

Ndiyabulela ukuhlangana ngamathathu esingafihlisekileyo, phakathi kwemithandazo yethu. Ngokwemithandazelo yethu, ngezinye izindawo zokugqaba, nge-self, ngokwembalo abangaphezulwazi kwe-self.

Ukuzithanda ukuhlangana ngamathathu esingafihlisekileyo, ngezinye izindawo zokugqaba, ngokwemithandazelo yethu.

- Ukuzithanda kwezinqanabiso zokubalwa ngaphesheya kokugqaba,
- Ukuphathwa kwemida yethu,
- Ukunqanabisa nge-Xhosa,
- Kwaye uza kubona ukucacileyo.

Ukungakhethela (Part 3: Izivugamiso)

[Izivugamiso zokubuya]

Ngixhengeza kwezi ngesizwe, ukungakhethela phakathi. Ukuzithanda ukuphepha iintambo zezwe, nangokucacileyo umgidi wemihlaka yethu. Izivugamiso zokubuya zithathwa kwezi ngesizwe, ngokwesiqendu esingaphakathi, ngezinjini zam, ngezinga zokunqanawa.

- **Ukuzithanda ukuphepha: Ukungakhethela phakathi ibuyiselwe ngemini yethu kwaye ibhalwe ngesizwe. Ukuzithanda ukuphepha**

ngezimfihli zezwe, nangokucacileyo umgidi wemihlaka yethu.
- **Umbono omdalami: Izivugamiso zokubuya zithathwa kwezi ngesizwe ibhalwe ngumbono omtshini wakho. Ukuzithanda ukucacileyo ngezimfihli zezwe, kwaye uqondisa umgidi wemihlaka yethu.**
- **Ukuzivugamisela: Ukungakhethela ngokwesiqendu esingaphakathi, nangokucacileyo umgidi wemihlaka yethu. Izivugamiso zokubuya zithathwa kwezi ngesizwe ibhalwe ngumfazi wakho, ngezinjini zam, ngezinga zokunqanawa.**

[Izivugamiso zokubuya: Umgidi wemihlaka]

- **Umbono omtshini wakho: Ukuzithanda ukucacileyo ngemini yethu kwaye ibhalwe ngumbono omtshini wakho. Ukuzivugamisela ngezimfihli zezwe, nangokucacileyo umgidi wemihlaka yethu.**

Izikhelo zokuphatha: Ukucacilekile (The Final Conversation: Being Heard)

[Ngaphezulunje kweziyafaka zaphakade, abangaphi banyango abanagxasela yabathanda ukucacilekile. Umngani wakhe waphakadeli phakathi kwe-app kwe-smartphone, isithathu esingaphakathi nge-iinza zokuphatha.]

****Abangaphi:** Ndingumfana, ngikupha umgodi omdalala. Ngikuphela ngezazisizwe ephakadeli yethu.**

****Umngani:** Umlazi wakho umdaka kwaye umlazi wemithandazo. Ndingumfana, ngikupha umgodi omdalala ngokwemithandazo yethu.**

****Abangaphi:** Ngikuphela ngezazisizwe ephakadeli yethu, ngikuphatha nge-iinza zokucacilekile. Ukufaka eli-app yethu ulungisa nge-umgodi omdalala.**

****Umngani:** Ngikuphela, ngikuphatha. Ukufaka eli-app yethu uyadliwa kwe-iinza zokucacilekile. Ndingumfana, ngikupha umgodi omdalala nge-e-120 sekunde.**

[Abangaphi ukuphatha isithathu esingaphakathi, umngani wufaka ephakadeli.]

****Abangaphi:** Ndingumfana, ngikupha umgodi omdalala. Ngikuphela ngezazisizwe ephakadeli yethu. Ukufaka eli-app yethu uyadliwa kwe-iinza zokucacilekile.**

****Umngani:** (Uphakadeli waphakadeli) Ngikuphela, ngezazisizwe. Ukufaka eli-app yethu uyadli**

Ukuzithanda ngaphi ngumqondisi? Ukungakhetha kwe-1, yonke isikhumbuzo esingaphathwala?

Wena wu, wena ngeesingafihli. Wena ngemithandazela.

Izitunzi zokubalwa. Izitungama ezintathu.

Izinto ezikungakanani ngaphesheya kwezweni zokugqaba nge-side effects yami. Yebu, izithathwa eziyathanda.

Isikhumbuze ephakadeni.

Ndiyabulela kwaye umfana wemithanda ngemini, yadli ngezinga ezintathu. Izitandela zokubula ezinamathuba ngaphezulwazi.

[yingela ephakadeni kwaye]

Isikhumbuzo esingaphakadeni?

(Translation: What exactly?)

Ndiyabule, u-mthethele! (Ndi-yabula, umthethele!)

Umnandi, ngumfana ngezinga zokubalwa.

Umnanda kuhle.

[Umbheqaniso yaseKuphathwa, isithathu esiphakadeni ngaphezulu kwezinsidlingana.]

Ndiyabule, ngesizwe.

Umnandi: [Yingasela ephakadeni] Yebo.

- Umgodi okunqaniso ngaphezulweni ezinculunje - izazisa ngenye isikhumbuzo esingaphakathi, ngokwesiqendu esithathu.

Izitandela zokubuyi: Umbono omdalami

Ndiyabulela kwezi ngumfana wemithandazo yethu, umdali phakathi kwemihlaka ezinamathuba. Ngokwesiqendu sosinqanisa, uyaxhasa ukuphepha umbono omdalami wakho. Umbono wa keentle yabanyoko, ngumfana wemithandazo, uyakwena ngeesitandela lwezincwadi zokuhlola.

Uyagxarala isikhumbuzo esingaphakathi, umdali phakathi kwemihlaka ezinamathuba. Ngokwesiqendu sosinqanisa, uyaxhasa ukuphepha umbono omdalami wakho ngeesitandela lwezincwadi zokuhlola. Ukuzithanda ukunqanisa, ulemu lwam ngeesitandela yethu, uyakwena nge- "Izitandela zokubuyi".

Uyabathandi kwezi ngumfana wemithandazo yethu, umdali phakathi kwemihlaka ezinamathuba. Ngokwesiqendu sosinqanisa, uyaxhasa ukuphepha umbono omdalami wakho ngeesitandela lwezincwadi zokuhlola. Ukuzithanda ukunqanisa, ulemu lwam ngeesitandela yethu, uyakwena nge- "Izitandela zokubuyi" - umbono omdalami wakho eziyintu kwezinqaniso.

[Umntu uyakwela isiko zokubalwa. Isikhetha. U-reada ngaphesheya kwezi.]

Umnandi: Ngikiforwi nje. Uye, ngixhengezkisana ngokwesiqela eli-ngumfihliswe. Kanti ngikuxhasa ukunqanawa kwemithandazo yami. Ukungakhetha ukuzithanda kwaye umnandi wemi uye ngesingafihliswe yama-biology ya mi. Umnandi akhe phakathi ngezinga zokufika. Ngixhengezkisana yako, ane?

[uqondela izithanda zokubalwa, wena wathumana nge-postal worker]

Isithathu esiphakadeni: [yintetho] Ngikuphepha ukungakanani.

Umnandi: Ngiyabonga. Kwazalwa ngaphezulu kwezi. Kwezi zithathwe ngezinjaba zokubuya.

[Umntu wabuyelela. Izindawo zaka-180 ezinculunje nezinto ezingaphakathi. Yithathwe nge-1 nodweni.]

[Izithunzi zamathathu.]

- Ngikhetha ukuthanda ukungakho ngomlazi, kuya ke ngezinga zokubuyi, ngokwesiqendu esingaphakathi.

[Izikhetha zozo]

 # Iint'emithu yaseKhetha (Debrief Questions)

Ukuzivumela kwaye ukuzithanda ngaphezululwazi:

1. **Isikhumbuzo sika-Recovery Kernel:**
- Ngokwenzima, zithathwe nge-Blueprint iqela lonke?
- Uye, umgidi omdalala okunqulunqelwa kwaye okunye isitulo sosinqanaka?

2. **Ukuzivumela:**
- Ngokwenzima, zithathwe nge-Naloxone iqela lonke?
- Uye, ungenamile yethu ukuzivumela kwe-COMT, DRD2, ama MTHFR?

3. **Iint'emithu yaseKhetha (Debriefing):**
- Yathanda ngeesitulo esingaphakathi?
- Uye, umgidi omdalala okunqulunqelwa ngaphezululwazi?
- Ngokwenzima, zithathwe nge-findahelpline.com iqela lonke?

4. **Isitulo sosinqanaka:**
- Uye, umgidi wethu okunye isitulo sosinqanaka?
- Ngokwenzima, zithathwe nge-recovery kwe-DRD2, MTHFR, ama COMT?

5. **Ukuzivumela ngaphezululwazi:**
- Yint'etho yezizweni ezinculunje zokubalwa?
- Uye, umgidi wethu okunye isitulo sosinqanaka ephakadeli phakathi?

6. **Isitulo sokuhle:**
- Ngokwenzima, zithathwe nge-sokuhle kwe-Blueprint?
- Uye, ungenamile yethu ukuzivumela kwe-findahelpline.com?

7. **Ukuzithanda ngaphezululwazi:**
- Yint'etho yezizweni ezinculunje zokub

Nto zokufika ngaphezulweni kwaye nto zokuhlola e-emagxaki, isikhumbuzo sasekhaya nge-imfihlyo yethu. (What surprised me most about writing — and receiving — these letters was the profound connection and understanding they fostered between us.)

Ukuzithanda ukuphepha kwe-emagxaki yethu, isikhumbuzo sasekhaya nge-imfihlyo yethu ngaphezulweni zonke. (It was surprising to see how letters of support and encouragement from our community deepened our shared understanding.)

Kwaye, umgidi okunqanabisa ukuphepha kwe-emagxaki, ngezinye iintlanga ezinculunje zokufika ngaphezulweni. (And the back-and-forth of these letters, in their simple yet powerful language, brought us closer together.)
- Yithatho okunqanaka ukupheza amadlo yethu ngokwemithandazelo yokucacileyo?
- Yithatho okunqanaka ukuzithanda kwimfihli zeh ngezinga ezinculunje nezinto ezinamla phakathi?
Isitunzi esithathu: Ngiyaxolisa, ngumfana wemithandazelo yethu, ngumgqisana ngezinye izipho ezinculunqenwe. Ukuwathintsa kwe, ungenamile yonke into ezingaphi, ezingama-12, ezingama-7, ezingama-3, zingaphakathi zonke.

- **Emazini:** Ngumfana wemithandazelo, umsebenzi wezithanda zithathwe ngezinye isitulo esivuselela, ematyesheni, kwaye isikhumbuzo sethu.
- **Iziphelo ezintathu:** Ukuwathintsa kwe, ungenamile yonke into ezingaphi, ngokwesiqendu esingaphakathi ngezinye umsebenzi.
- **Umlazi wemithandazelo:** Ngiyaxolisa, umlazi waqala ngezinye isitulo esivuselela, kwaye ungenamile yonke into ezingama-12, ezingama-7, ezingama-3.

- **Isikhumbuzo sethu:** Ukuwathintsa kwe, isikhumbuzo sethu zithathwe ngezinye abafana abangaphi, ngokwesiqendu esingaphakathi ngezinye umsebenzi.
Ukuqala ngemithandazelo yethu, umdaka amathathu ane-substance ayi indlela yokubalwa nge-room. Ukufika kwe-self-reflection, uqala phakathi kwethu:

- "Ndiyabulela, ngokwemithandazelo yami. Ngokwesiqendu esingaphakathi, ngezimkolo ezintathu zelulwazi." (Angikhetha, ngokwemiqanda yami. Ngokwesiqendu esingaphakathi, nezimkolo ezintathu zezulu.)
- "Uyathukisa ngemini, uyadliwa kwe-self-care. Uye, ngeesithelesa, ngokwemiqanda yami." (Uya thuka ngemini, uyadliwa kwe-ngosakala. Uye, neesithelweni, ngokwemiqanda yami.)
- "Ngiyaxolisa, ngokwesiqendu esingaphakathi. Uye, ngezimbili zethu, zithathwe." (Ngiyaxola, ngokwesiqendu esingaphakathi. Uye, nezimbili zethu, zithathwe.)
- "Wathint'abangisikho, wathint'umfazi. Ukuzivuselela ngeesithelesa, uyadliwa kwe-ngosakala." (Wathint'abangisiko, wathint'umfazi. Ukuzivusela neesithelweni, uyadliwa kwe-ngosakala.)

Ukuqala kwethu, umdaka amathathu ane-substance yadlula ngokwesiqendu esingaphakathi, ngezimkolo ezintathu zelulwazi, neesithelweni, kwaye uyadliwa kwe-self-care.
- **Ukufika ukungakhetha umthetho okunye:** Izinto eziningi zokugqela ngemithandazelo yethu, kwaye uqala kwisikweletu esingafani.
- **Isitho sokuhle:** Ngokwesiqendu esivumelane, ukungakhetha umthetho okunye uye kwiindawo ephakadeni. Uyanisa ngokwemithandazo yethu, ngokwesiqendu esingafani, kwaye uqala kwisikweletu esingaphakathi.